



Plantar Fasciitis

AKA ... heel pain, arch pain

Plantar fasciitis is a relatively common condition of the foot usually caused by a combination of factors including insufficient footwear support, lengthy periods of standing, flexibility issues, various structural issues of the foot and ankle, and exceeding your ideal body weight. Each of these factors can contribute to varying degrees.

Treatment of this condition can include rest, anti-inflammatory medications, footwear changes, orthotic shoe inserts, night splints, and physical therapy. As you participate in physical therapy, there are some guidelines which may assist you in the process of recovery. We have put together this helpful handout so that you have access to these guidelines at home, in case you need a little reminding!

Do's

- Rest from activities that involve lots of standing in one place.
- Use ice, commercial cold packs, or frozen peas to treat the inflammation (10-15 minutes of application every hour for severe cases, 3 times per day for even mild cases)
- Stretch calf muscles before getting out of bed in the morning (or even after a long nap!)
- If you plan to be on your feet for more than just brief periods, wear supportive footwear such as a good athletic shoes (running or specially designed walking sneaker) - ask us about places to purchase good running sneakers
- Wear night splint if your doctor recommends doing so
- Wear shoes which can accommodate a custom -made orthotic shoe insert if these have been recommended to you
- If you have to stand a lot at work (or even if you sit most of the time) try to rock your foot inward and outward as well as forward and backward 5-10 times each 15 minutes. It is also helpful to curl and extend your toes repeatedly. These motions help prevent stiffness, stimulate circulation, and also help to strengthen muscles that support the arch

Don'ts

- Avoid high heels as well as shoes that offer little to no support of your arch especially
- Do not apply heating pads to the inflamed tissues
- Avoid prolonged standing
- Avoid high impact activities such as running and jumping
- Avoid getting up to walk suddenly after sitting or lying down for long periods (remember to stretch a little first!)