WHAT IS PLANTAR FASCIITIS?

- Plantar Fasciitis is a painful inflammatory condition of the foot caused by excessive wear to the plantar fascia that supports the arches of the foot or by biomechanical faults that cause abnormal pronation.
- The pain usually is felt on the underside of the heel, and is often most intense with the first steps of the day.
- It is commonly associated with the following:
  - Long periods of weight bearing
  - Sudden changes in weight bearing or activity
  - Obesity / Weight gain
  - Jobs that require a lot of walking on hard surfaces
  - Shoes with little or no arch support
  - Inactivity

MANAGEMENT STRATEGIES

- Custom foot orthotics
  - Need an MD prescription before being fit
  - Will need shoes 1 size larger (New Balance, Asics, or Brooks are good shoe brands to try)
- Ice 2x/day for 10-15 minutes
  - Ice pack placed in a pillow case (1 layer of cloth).
- Massage arch of each foot with as much pressure as you can tolerate daily
  - Fill soda bottle with water and freeze.
  - Sit or stand and put pressure on frozen soda bottle the roll back and forth.
- Deep tissue massage of arch – Daily if possible
  - Massage foot with arch on stretch
  - Use family member assistance as needed
- Wear night splints – alternate left and right
- Stretch foot in the morning before putting it on the floor – especially foot without night splint
- Heel cord stretching on a step, phone book, or pro stretch for 2 minutes

SEE NEXT PAGE FOR PLANTAR FASCIA EXERCISES

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.
COMMON PLANTAR FASCIA EXERCISES

Do each exercise _____ times a day.
Repeat each exercise _____ times.
Hold position exercise for _____ seconds

☐ SEATED GASTROC STRETCH WITH TOWEL
  o Sit with your back against the wall or your headboard.
  o Hook the towel around the top of your foot and pull it toward your head.
  o Your knee should stay straight.
  o Repeat with the other foot.

☐ TOE CURLS WITH TOWEL
  o Bunch up a towel curling your toes

☐ TOWEL SLIDES
  o Moving only your ankle and keeping your heel planted, slide the towel to the inside, then outside.

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**STANDING GASTROC / PLANTAR FASCIA STRETCH**
- Stand with the ball of your injured foot on a stair.
- Reach for the bottom step with your heel until you feel a stretch in the arch of your foot.

**STANDING GASTROC STRETCH**
- Stand facing a wall.
- Move your ______ foot back, keeping your leg straight.
- Move your ______ foot forward with the knee bent.
- Make sure your knee is in line with your ankle.
- Keep the heel of your back leg on the floor.
- Switch legs and repeat exercise.

**STANDING SOLEUS STRETCH**
- Stand facing a wall.
- Move your ______ foot back, keeping your leg bent.
- Move your ______ foot forward with the knee bent.
- Make sure your knee is in line with your ankle.
- Keep the heel of your back leg on the floor.
- Switch legs and repeat exercise.

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