
HOW TO AVOID PLANTAR FASCIITIS

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:

- o Long periods of weight bearing
- o Sudden changes in weight bearing or activity
- o Obesity / Weight gain
- o Jobs that require a lot of walking on hard surfaces
- o Shoes with little or no arch support
- o Inactivity

MANAGEMENT STRATEGIES

_ Custom foot orthotics

o Need an MD prescription before being fit

o Will need shoes 1 size larger (New Balance, Asics, or Brooks are good shoe brands to try)

_ Ice 2x/day for 10-15 minutes

o 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

o Fill soda bottle with water and freeze.

o Sit or stand and put pressure on frozen soda bottle the roll back and forth.

_ Deep tissue massage of arch - Daily if possible

o Massage foot with arch on stretch

o 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

COMMON PLANTAR FASCIA EXERCISES

Do each exercise _____ times a day.

Repeat each exercise _____ times.

Hold position exercise for _____ seconds

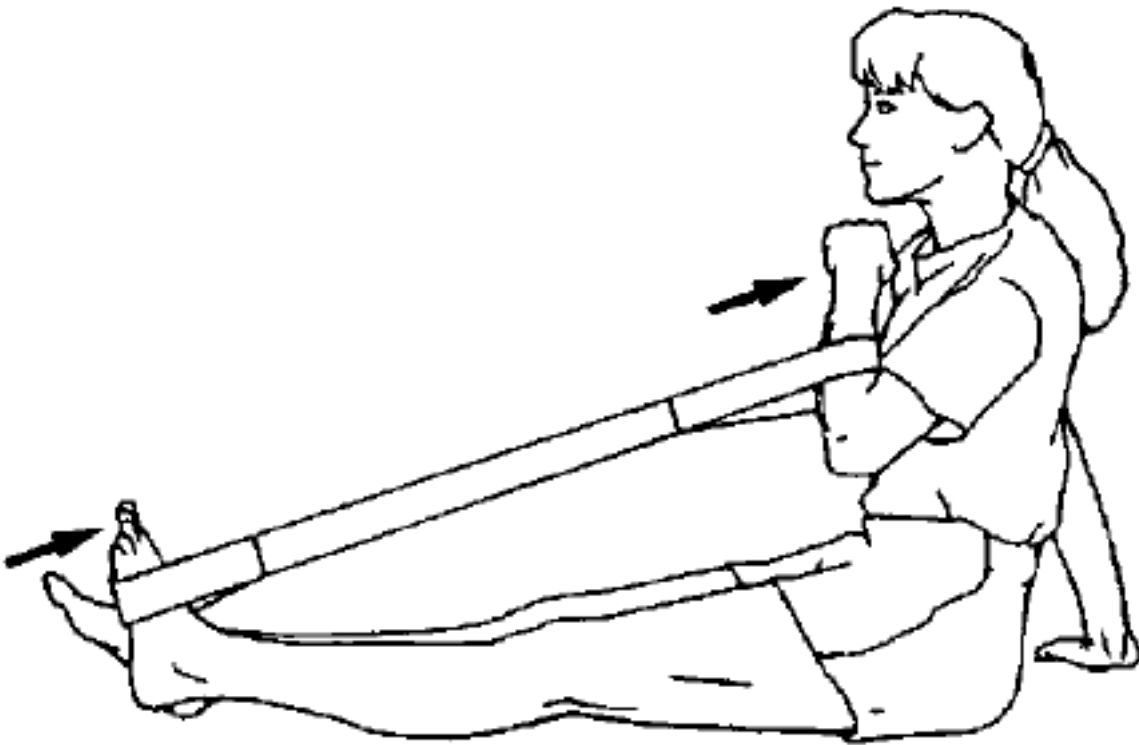
_ SEATED GASTROC STRETCH WITH TOWEL

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.

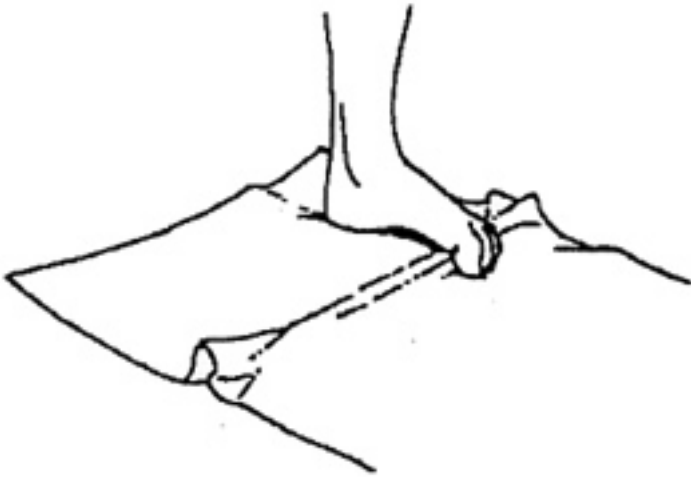
o Your knee should stay straight.

o Repeat with the other foot.



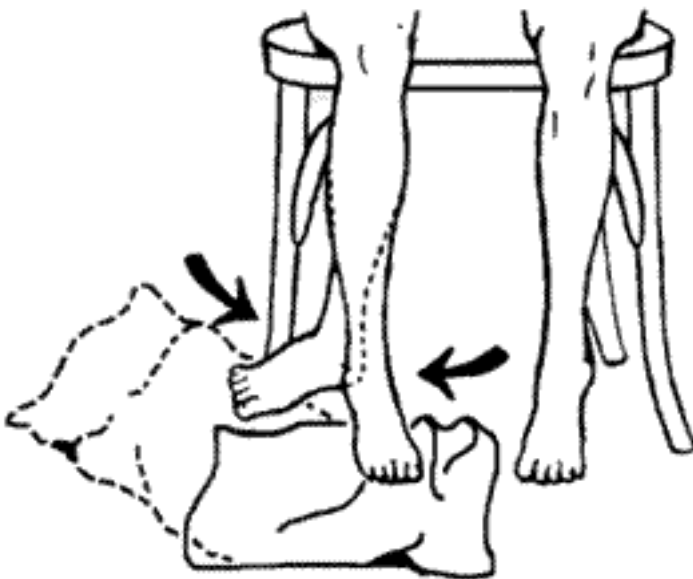
_ TOE CURLS WITH TOWEL

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.



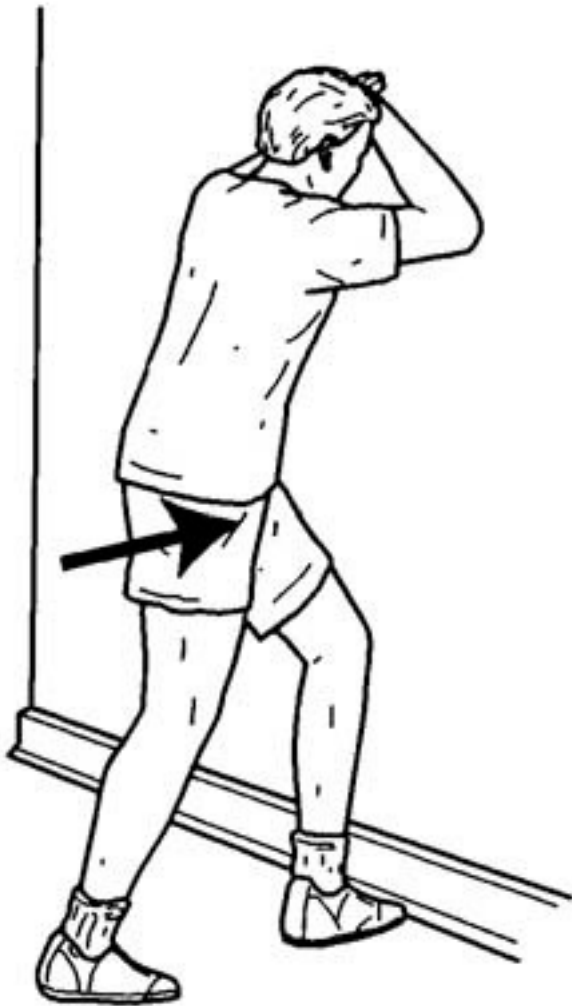
_ STANDING GASTROC / PLANTAR FASCIA STRETCH

- o Stand with the ball of your injured foot on a stair.
- o Reach for the bottom step with your heel until you feel a stretch in the arch of your foot.



_ STANDING GASTROC STRETCH

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



_ STANDING SOLEUS STRETCH

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

