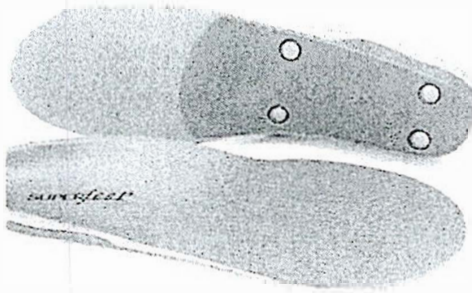


Heel Pain: Plantar Fasciitis

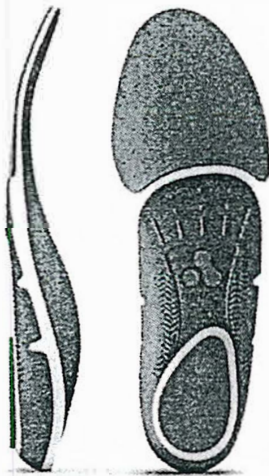
- Wear supportive shoes at all times, no barefoot walking.
- Try over the counter orthotics which can be purchased at any pharmacy, drugstore, running shoe store, or on Amazon (~\$20-40).



Superfeet Orthotics



FORM heat moldable orthotics



Protalus Orthotics

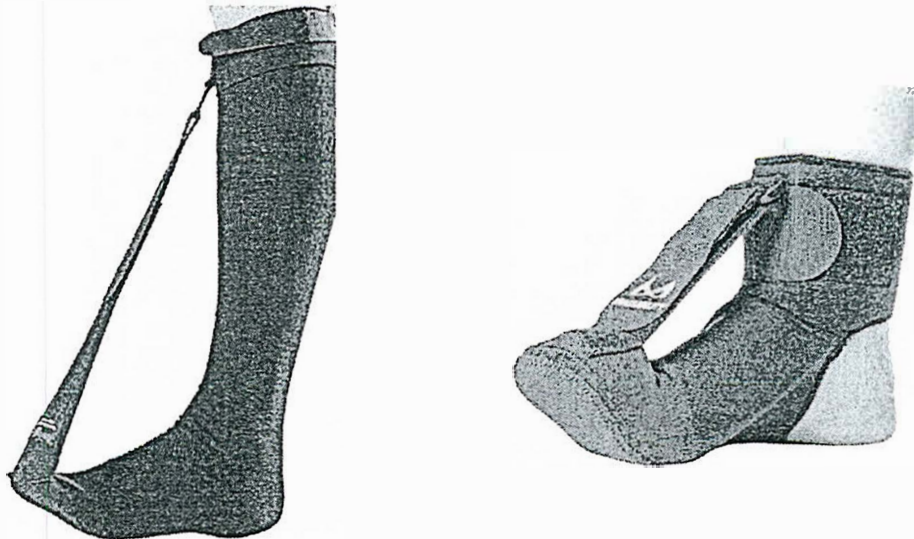


Spenco Plantar Fasciitis Orthotics

- Try a Plantar Fasciitis Compression Sock which can also be found at the drugstore or on Amazon (~\$15)



- You can also try a “Strassberg Sock” or other Plantar Fascia Night Splint to be worn at nighttime while sleeping to help stretch. This can also be found on Amazon (\$40).



- You may start icing the area on your own by using a frozen water bottle and rolling/ massaging it across the bottom of the foot. Do this for approximately 10-15 minutes or until numb. You may repeat this up to 5 times daily.
- Start stretching the calves and feet with the exercises listed below.
- Consider topical creams or medications as listed on supplemental handout.

Arch Pain: Exercises

Your Care Instructions

Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Plantar fascia stretch



1. Sit in a chair and put your affected foot on your other knee.
2. Hold the heel of your foot in one hand, and grasp your toes with the other hand.
3. Pull on your heel (toward your body), and at the same time pull your toes back with your other hand.
4. You should feel a stretch along the bottom of your foot.
5. Hold 15 to 30 seconds.
6. Repeat 2 to 4 times.

Plantar fascia stretch (kneeling)

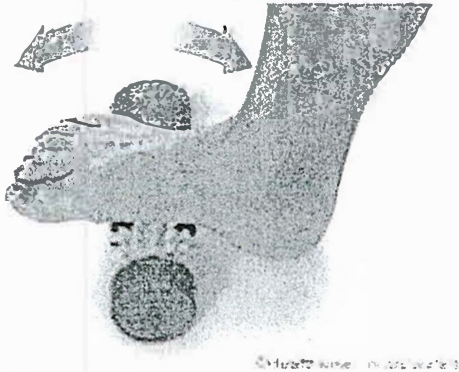


Note: You may want to place a pillow under your knees for this exercise.

1. Get on your hands and knees on the floor. Keep your heels pointing up and the balls of your feet and your toes on the floor.
2. Slowly sit back toward your ankles.

3. If this is too hard, you can try doing it one leg at a time. Stand up, and then kneel on one knee and keep the other leg forward. Place the foot of your forward leg flat on the ground and bend that knee. The heel on the leg still behind you should point up. The ball and toes of that foot should be on the floor. Sit back toward that ankle.
4. Hold 15 to 30 seconds.
5. Repeat 2 to 4 times. Switch legs if you are doing this one leg at a time.

Plantar fascia self-massage



1. Sit in a chair.
2. Place your affected foot on a firm, tube-shaped object, such as a can or water bottle.
3. Roll your foot back and forth over the object to massage the bottom of your foot.
4. If you want to do ice massage, fill a water bottle about three-fourths of the way full and freeze before using.
5. Continue for 2 to 5 minutes.

Bilateral calf stretch (knees straight)



1. Place a book on the floor a few inches from a wall or countertop, and put the balls of your feet on it. Your heels should be on the floor. The book needs to be thick enough so that you can feel a gentle stretch in each calf. If you are not steady on your feet, hold on to a chair, counter, or wall while you do this stretch.
2. Keep your knees straight, and lean forward until you feel a stretch in each calf.
3. To get more stretch, add another book or use a thicker book, such as a phone book, a dictionary, or an encyclopedia.
4. Hold the stretch for at least 15 to 30 seconds.
5. Repeat 2 to 4 times.

Bilateral calf stretch (knees bent)



1. Place a book on the floor a few inches from a wall or countertop, and put the balls of your feet on it. Your heels should be on the floor. The book needs to be thick enough so that you can feel a gentle stretch in each calf. If you are not steady on your feet, hold on to a chair, counter, or wall while you do this stretch.
2. Bend your knees, and lean forward until you feel a stretch in each calf.
3. To get more stretch, add another book or use a thicker book, such as a phone book, a dictionary, or an encyclopedia.
4. Hold the stretch for at least 15 to 30 seconds.
5. Repeat 2 to 4 times.

Calf wall stretch (back knee straight)



1. Stand facing a wall with your hands on the wall at about eye level. Put your affected leg about a step behind your other leg.
2. Keeping your back leg straight and your back heel on the floor, bend your front knee and gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

Calf wall stretch (knees bent)



© Healthwise, Incorporated

1. Stand facing a wall with your hands on the wall at about eye level. Put your affected leg about a step behind your other leg.
2. Keeping both heels on the floor, bend both knees. Then gently bring your hip and chest toward the wall until you feel a stretch in the calf of your back leg.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

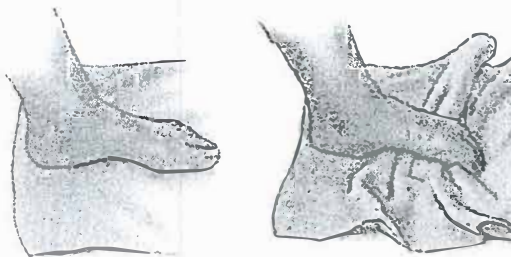
Marble pick-ups



© Healthwise, Incorporated

1. Put some marbles on the floor next to a cup.
2. Sit down, and use the toes of your affected foot to lift up one marble from the floor at a time. Then try to put the marble in the cup.
3. Repeat 8 to 12 times.

Towel scrunches

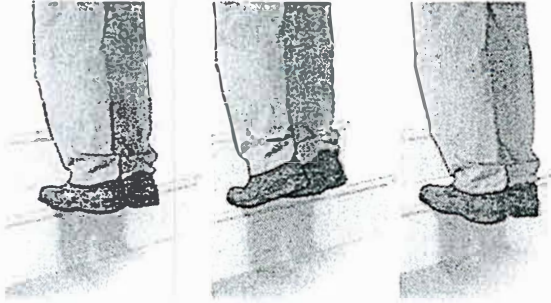


© Healthwise, Incorporated

1. Sit down, and place your affected foot on a towel on the floor. You may also do this with both feet on the towel.

2. Scrunch the towel toward you with your toes. Then use your toes to push the towel back into place.
3. Repeat 8 to 12 times.

Heel raises on a step



© HealthSource, Inc. 2004

1. Stand on the bottom step of a staircase, facing up toward the stairs. Put the balls of your feet on the step. If you are not steady on your feet, hold on to the banister or wall.
2. Keeping both knees straight, slowly lift your heels above the step so that you are standing on your toes. Then slowly lower your heels below the step and toward the floor.
3. Return to the starting position, with your feet even with the step.
4. Repeat 8 to 12 times.

"Alphabet" exercise



© HealthSource, Inc. 2004

Trace the alphabet with your toe. This helps your ankle move in all directions