



# PLANTAR FASCIITIS



## Dealing With Inflammation:

**Ice it:** Using an ice popsicle, massage the affected area with ice four times a day, five-seven minutes each.

**Take Aspirin (buffered):** Adults may take two tablets, three times a day for inflammation unless given a prescription for an anti-inflammatory by your physician.

Wear shoes with good arch supports and slightly elevated and cushioned heels (e.g. athletic shoes). Avoid wearing high heels, flats or shoes with poor support.

## Seated Plantar Fascia Stretch

1. Cross the affected leg over the other leg.
2. Use the hand on the affected side to grasp the foot at the base of the toes.
3. Pull the toes upwards towards the shin until a stretch is felt in the arch of the foot.
4. Palpate for a tension band with the opposite hand (massage side-to-side like a bow string).
5. Hold stretch for a count of 30 seconds.
6. Perform the stretches 3-5 times.
7. Repeat 3 times per day.  
(Perform the first stretch before taking your first step in the morning!)



### **Standing Plantar Fascia Stretch**

Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.

Hold 30 seconds.

Relax.

Repeat 3-5 times.

Do 4-6 sessions per day.



### **Single-Leg Toe Curling**

With foot resting on towel, slowly bunch towel up as you curl toes, making an arch with your mid-foot.

Repeat 3-5 times.

Do 4-6 sessions per day.



### **Door-Jamb Stretch**

Stand with the ball of your foot on a door jamb, with toes bent back toward shin

Stand tall. Moving shin vertical until you feel the stretch in the back of your calf

Repeat 3-5 times.

### **PLEASE KEEP IN MIND:**

- » Improvement typically takes 8 weeks or more.
- » Improvement was seen in more than 80% of patients with chronic plantar fasciitis in a randomized study.

**PLEASE NOTE:** If symptoms persist, you should ask your doctor for a referral to a physical therapist.