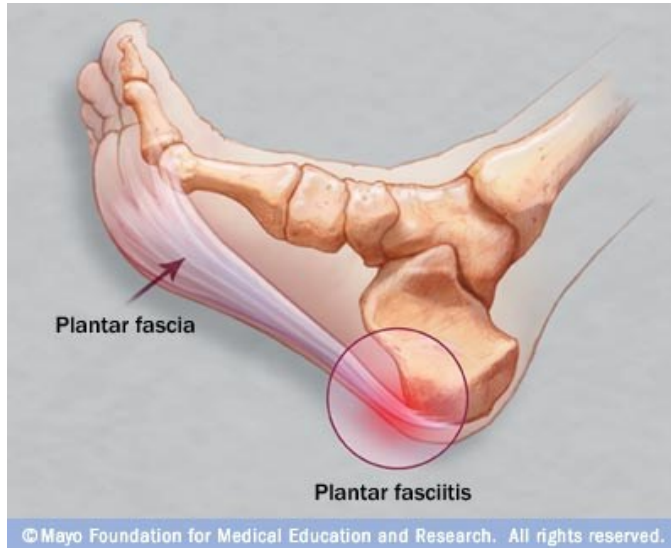




What is Plantar Fasciitis?:

Plantar fasciitis is a common painful disorder affecting the heel and underside of the foot. Plantar fasciitis is inflammation of the thick tissue on the bottom of the foot. This tissue is called the plantar fascia. It connects the heel bone to the toes and creates the arch of the foot.



Tips for Plantar Fasciitis:

- **ICE:** Using either a 20 oz frozen juice or frozen soda bottle—roll on the bottom of the foot. Try to ICE 3 –4 times a day for 15 minute sessions.
- **MORNING:** Upon waking, massage the foot for 1 minute BEFORE weight bearing . This will bring blood flow to the area before you start to walk on it.
- **SHOWER:** In the shower stand on the outer part of your foot to increase the arch of your foot.
- **FOOTWEAR:** Avoid cheaply manufactured footwear such as “Crocs”, Sandals and Flip-Flop and dress shoes . Poor quality materials tend to lead to reduced support, lack of breathability and poor quality control.
- **FOOTWEAR:** Try to keep your fashionable shoes for shorter wearing sessions and avoid daily use.
- **FOOTWEAR:** Wear a tennis shoe with good arch support.
- **NO BARE FEET:** Avoid walking around the house barefoot— wear shoes or something that provide adequate arch support and a deep heel cup to improve balance and posture.

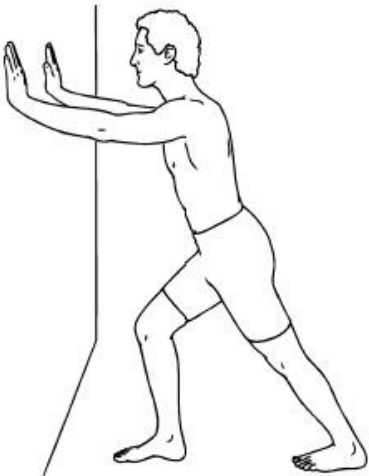


Plantar Fasciitis Rehabilitation Exercises

You may begin exercising the muscles of your foot right away by gently stretching them as follows:

Standing calf stretch: Facing a wall, put your hands against the wall at about eye level. Keep the injured leg back, the uninjured leg forward, and the heel of your injured leg on the floor. Turn your injured foot slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf.

Hold for 15 to 30 seconds. Repeat 3 times.



Towel Scrunch: With one foot resting on towel, slowly bunch up towel by curling toes.

Repeat 10 to 20 times.



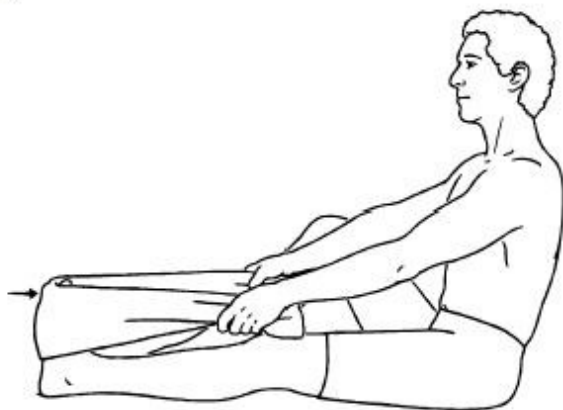
Plantar fascia stretch: Stand with the ball of your injured foot on a stair. Reach for the bottom step with your heel until you feel a stretch in the arch of your foot.

Hold for 15 to 30 seconds. Repeat 3 times.



Towel stretch: Sit on a hard surface with your injured leg stretched out in front of you. Loop a towel around the ball of your foot and pull the towel toward your body keeping your knee straight. When the towel stretch becomes to easy, you may begin doing the standing calf stretch.

Hold for 15 to 30 seconds then relax. Repeat 3 times.



Ball under foot: Cover ball with towel and roll around under foot. Roll ball -2 Minutes a few times a day.

