

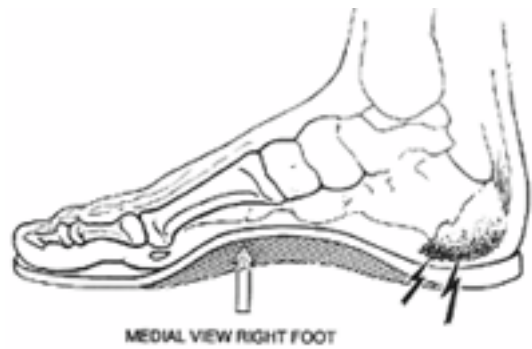
Plantar Fasciitis

Complaints

- Heel pain with weight bearing
- Tender medial aspect of plantar (bottom) surface of heel
- Increased pain with running and walking activities

Possible Causes

- Tight calf muscles
- Excessive pronation
- Weak intrinsic foot muscles
- Soft, unstable shoes



Shoe Profile

The long axis of the shoe should provide maximum torsional control to reduce medial foot rotation (pronation). Foot rotation stretches the plantar fascia, causing soreness and tenderness on the medial plantar surface of the heel. Shoes with toe spring may reduce stretching of the plantar fascia during the push off phase of the gait cycle.

Orthotics

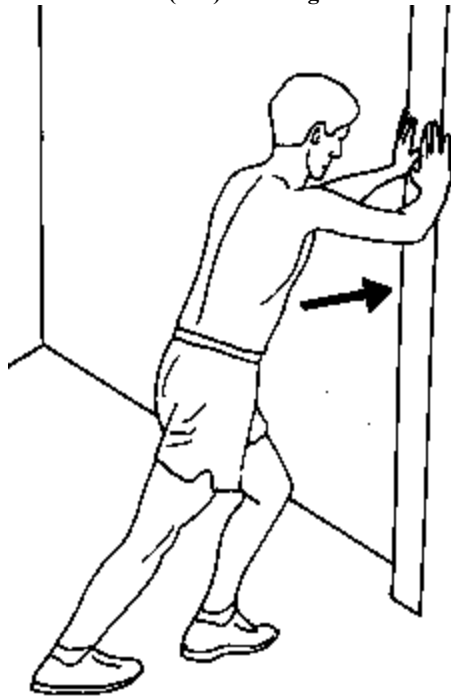
Neutral (mild pronators) – 3 mm heel lift with or without over the counter arch supports
Moderate to excessive pronators – Custom orthotics with 3 mm heel lift

Exercises**

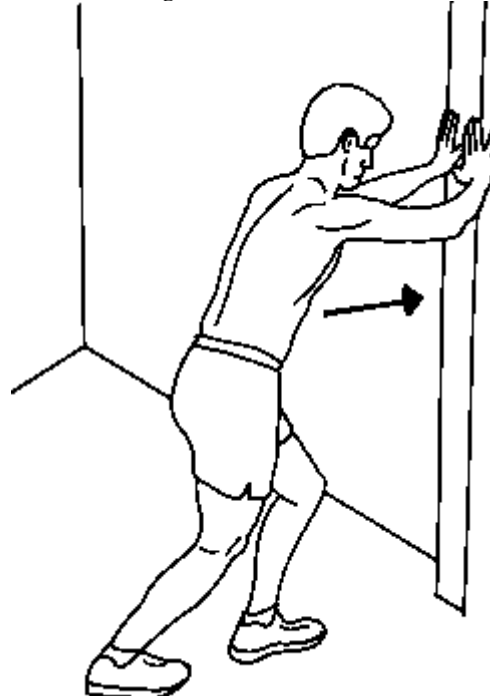
Please consult your physician before engaging in an exercise program.

With all strengthening exercises, start with 3 sets of 10 repetitions. If you experience any sort of pain, reduce your reps to 3 sets of 5. For all stretches, repeat 3 times holding each stretch for 30 seconds to 1 minute. Using RICE (Rest, Ice, Compression, Elevation) can be beneficial in the treatment of injuries as well.

Gastrocnemius (calf) Standing Stretch



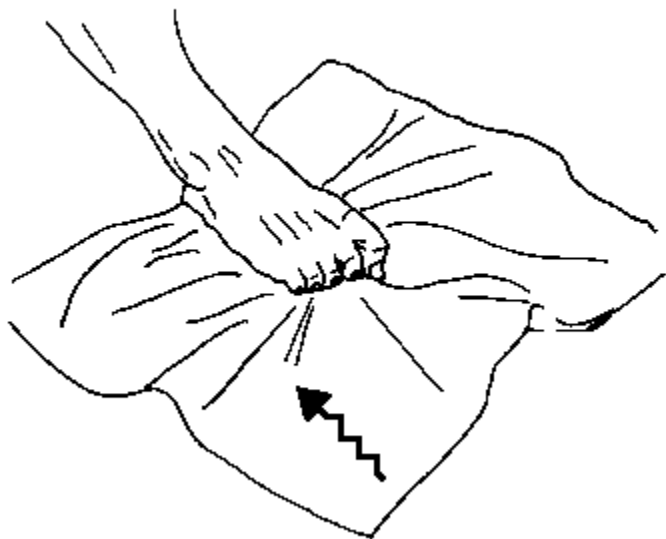
Soleus Standing Stretch



1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of the involved leg.
3. Keep the back leg (involved leg) straight and heel on the ground throughout the stretch.
4. Lean forward bending at ankles and hold.
5. Return to starting position, relax, and repeat.

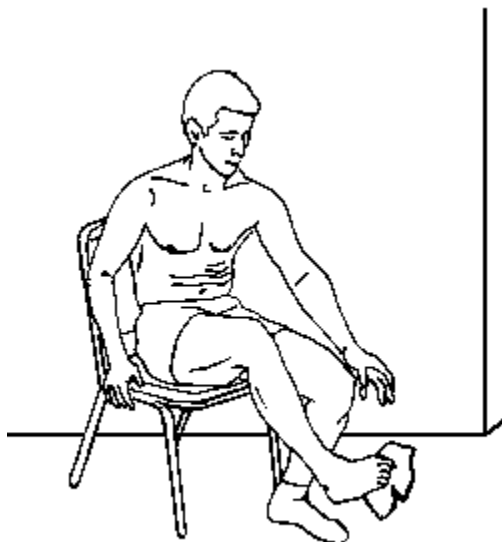
1. Stand with hands resting on wall or on stable object.
2. Place the UNINVOLVED leg forward of involved leg.
3. Keep heel on the ground throughout the exercise.
4. Bend knees, squat down, and hold.
5. Return to starting position, relax and repeat.

Toes Down Gripping Towel



1. Sit in chair with foot resting on smooth surface with towel between foot and surface.
2. Curl toes downward gripping towel on surface.
3. Return to starting position and repeat.

Toes Down Pickups



1. Sit in chair and place a wash cloth (or other objects) on the floor.
2. With the toes and foot of the INVOLVED side, pick up the cloth and transfer to the opposite hand. If this is too difficult just bring the ankle up and inward.
3. Repeat.