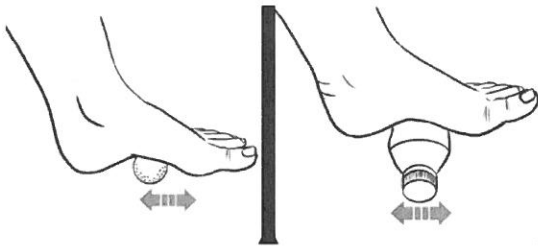


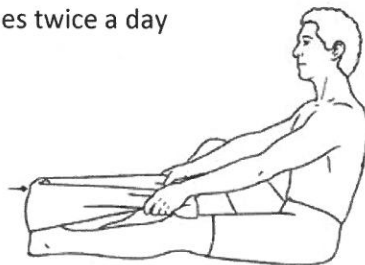
Dorsiflexion

Flat feet, using a frozen water bottle, or rolling pin slide foot back until gentle stretch is felt. Keep entire foot on floor and repeat with other foot. Do this for 2 minutes and repeat 3 times, twice a day.



Stretching calf

Sit with knee straight and towel looped around foot. Gently pull on towel until stretch is felt in calf, keeping back straight hold for 30 seconds and relax for about 5 seconds. Repeat on other foot. Repeat 5 times twice a day



Soleus Stetch

Stand with both feet back, both knees bent. Keeping heels on floor; turned slightly out, lean into the wall until stretch is felt in lower calf and hold for 30 seconds. Repeat on other foot. Do 5 times, twice a day.



Plantar Fascia stretch

Standing with only the ball of the foot on stairs, allow heel to hang off step until a stretch is felt within the arch and calf. Hold for 30 seconds and relax. Repeat on other foot doing these 5 times a day twice a day.



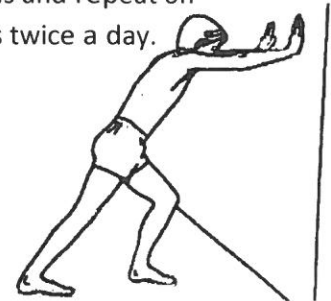
Toe Curl: Unilateral

With foot resting on towel, slowly bunch up towel by curling toes for 2 minutes and repeat on other foot. Do these 3 times twice a day.



Gasroc stretch

Stand with foot back and leg straight, forward knee bent. Keeping heels on floor, turned slightly out and lean into the wall until stretch is felt in calf. Do not bend at hips and keep back straight. Hold for 30 seconds and repeat on other foot. Do these 5 times twice a day.



WHAT IS PLANTAR FASCITIS?

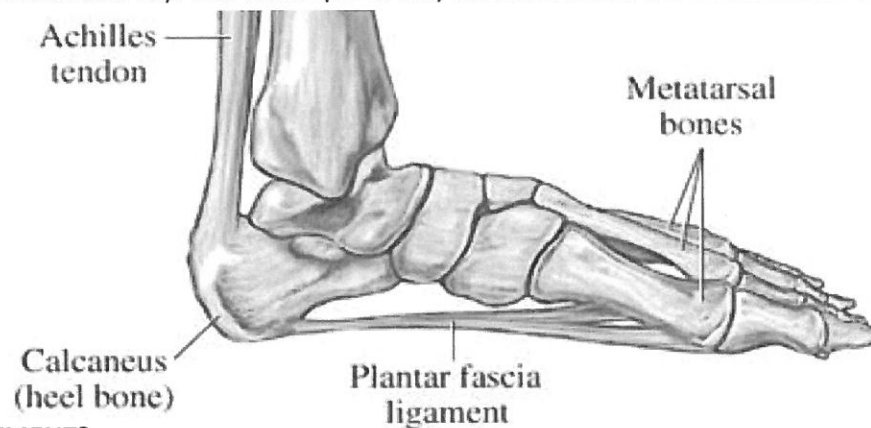
This is a very common condition that affects people of all ages. People usually complain that their heel hurts when getting out of bed in the morning, or after sitting a long time. Occasionally it feels as if there is a nail driven into your heel or a burning pain about the heel. Some people have these symptoms for months before they see a doctor.

WHAT CAUSES IT?

Certain conditions may aggravate this heel pain. They include: recent weight gain, an increase in activity (such as increasing mileage w/running), walking or running on hard surfaces, wearing shoes that have poor support, or wearing worn-out shoes.

IS IT A HEEL SPUR?

The heel pain is caused by inflammation of the plantar fascia. This fascia attaches to the heel, and occasionally a bone spur is seen on x-ray. This bone spur is only associated with the inflammation and is not the cause of the pain.



WHAT IS THE BEST TREATMENT?

Treatment is directed to decreasing the inflammation and protecting the heel. This Includes:

1. Non-steroidal anti-inflammatory drugs (NSAIDS)
2. Ice
3. Night splinting
4. Orthotic Devices (Heel pads, Heel cups, Arch supports)
5. Stretching of the Achilles tendon and Hamstring tendons
6. Stability shoe with arch support
7. Fracture boot for 4-6 weeks
8. Cortisone injections to reduce the acute inflammation

Approximately 90% of patients will have resolution of their symptoms with this treatment. Very rarely will surgery be necessary. Like bursitis, it may flare up from time to time, requiring treatment.

DON'T BE DISCOURAGED YOU WILL GET BETTER. IT MAY TAKE TIME