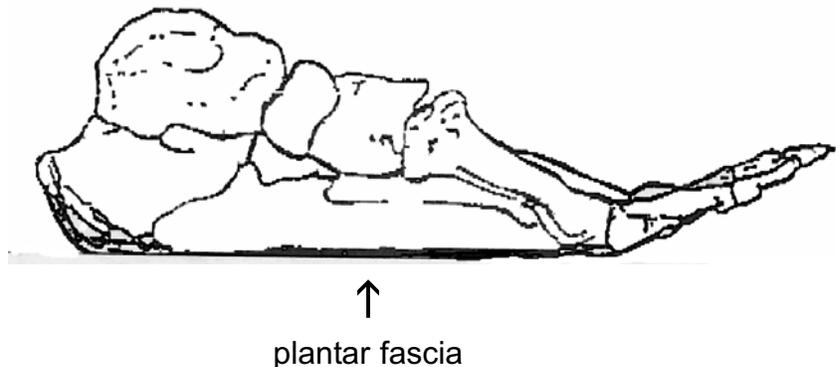


PLANTAR FASCIITIS

Plantar Fasciitis is a very common condition that affects people of all ages. Frequent symptoms include heel pain that is worse upon arising in the morning or when arising from prolonged sitting. Occasionally it feels as if there is a nail driven into your heel or there is burning pain about the heel. These symptoms may be present for months prior to being seen in the doctor's office.

Certain conditions may aggravate this heel pain. These conditions include recent weight gain, a change in activity such as increasing mileage with running, running on different surfaces, a change in exercise shoes, or worn out shoes.

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.



Treatment is directed at decreasing the inflammation and protecting the heel. Specific treatments we may use are listed below:

1. Stretching of Achilles tendon, hamstrings, and plantar fascia
2. Ice applied for 20 minutes in the evening daily
3. Shoes with supportive heels and cushioned midsoles (running NOT walking shoes)
4. Night splinting
5. Nonsteroidal anti-inflammatory medications
6. Heel padding or heel cups
7. Orthotic devices
8. No barefeet!

Approximately 90% of patients will have resolution of their symptoms with this treatment. Very rarely will an injection or surgery be necessary. Plantar fasciitis is like bursitis of the shoulder and it may take up to one year to resolve. Like bursitis, it may flair up again and require additional treatment.

After your initial visit, if you have not improved, we will see you in 6-8 weeks to reassess our therapy.

Do not be discouraged. You will get better, but it may take time.



GASTROC STRETCH:

Stand facing the wall. Put involved foot behind the other. Turn foot in slightly. Keep knee straight and heel on the floor. Lean forward until comfortable stretch is felt in calf.

Hold each stretch for 2-3 minutes and do 5 times per day.

Do not bounce in/out of stretch.

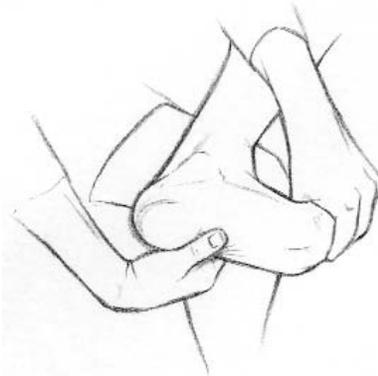


SOLEUS STRETCH:

Stand facing the wall. Put involved foot behind the other. Turn foot in slightly. Bend knee and imitate a sitting position until stretch is felt in achilles tendon. Be sure to keep your heel on the floor.

Hold each stretch for 2-3 minutes and do 5 times per day.

Do not bounce in/out of stretch.



PLANTAR FASCIA STRETCH:

Hold for 40 seconds and repeat 4 times. Do this stretch before arising in the morning and after long periods of sitting before you stand up. Perform this exercise at least 4 times a day.