

# WEST IDAHO ORTHOPEDICS & SPORTS MEDICINE

*Advanced Orthopedic Care Close to Home*

Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

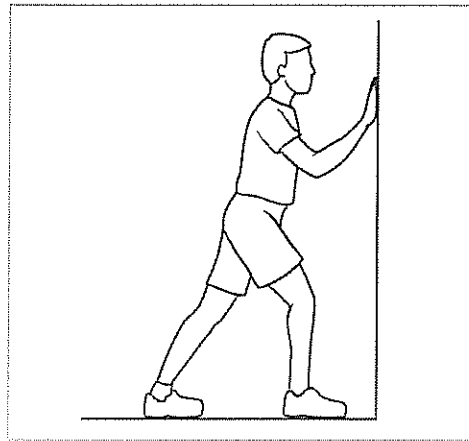
## Home Exercise Program for Plantar Fasciitis

- Apply moist or dry heat to the painful area of the foot during the exercises.
- To prevent inflammation, apply a bag of crushed ice or frozen peas to the heel for 20 minutes after performing the exercises.
- You should not experience pain with the exercises. If you are unable to perform the exercises because of pain or stiffness or if your symptoms do not improve after performing the exercises for 3 to 4 weeks, call your doctor.

Exercise	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Heel cord stretch	Gastrocnemius-soleus complex	4 repetitions/2 or 3 sets	Daily	3 to 4
Plantar fascia massage	Plantar fascia	60 to 90 seconds/2 to 3 sets	Daily	3 to 4

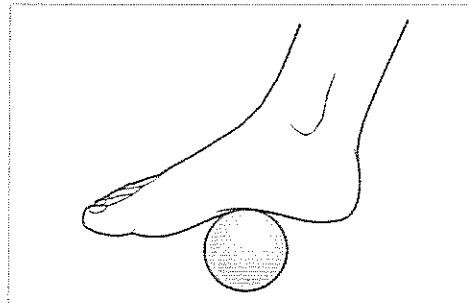
### *Heel Cord Stretch*

- Stand facing a wall with the knee of the unaffected limb bent, the affected limb straight, and the toes pointed in slightly.
- Keeping the heels of both feet flat on the floor, lower your hips toward the wall.
- Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat 4 times.
- Perform this exercise daily, 2 or 3 times per day, for 3 to 4 weeks.



### *Plantar Fascia Massage*

- Sit on a chair with your feet touching the floor.
- Place a tennis ball under the affected foot.
- Roll the foot back and forth and side to side over the tennis ball, applying pressure to the ball to achieve a greater massage, for 60 to 90 seconds. (This exercise might cause slight discomfort but should not be painful. If you experience pain, reduce the pressure on the tennis ball.)
- Perform the exercise 2 to 3 times per day, for 3 to 4 weeks.



## STEPS FOR PLANTAR FASCIITIS

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- 1.) Heel pads – silicon heel pads in a closed heeled shoe, preferably tennis shoes.
- 2.) Hard frozen water bottle – roll frozen water bottle HARD on heel of foot across the arch of the foot.
- 3.) Anti-inflammatory – Advil, Aleve, Tylenol (to help calm down irritation)
- 4.) Exercises
  - a) Heel Stretch: Stand in semi lung position get back of heel to the floor. STRETCH. Do both heels, focusing on problem heel. (Alternate each foot 10x, 3 x a day)
  - b) Single Leg Bend: Lift up on leg, balance, bend leg standing on, feel stretch in heel, and come up. (Do each side 10x (3x a day)
- 5.) Physical Therapy (As directed by the Doctor)
- 6.) Night Splint (As directed by the Doctor)

Call #208-459-4511 if you have any questions, concerns, or problems.

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