PLANTAR FASCIITIS

This condition can be very painful and frustrating to treat as it can take 6-12 months to resolve. With persistence you should expect to feel some improvement in 3-6 months. This program includes specific stretches and exercises for the hip, calf and foot. Try to do these exercises daily or at least every second day. Hold each stretch pictured below for 45-60 seconds and repeat each one 5 times. Regarding the exercises shown below, perform 3 sets of 10-15 repetitions for each one. When the exercises are completed you should ice the sole of your foot for 10-15 minutes (a bag of frozen peas works best). You may also consider buying a night splint (about $75.00) for use while you sleep. If you do not notice an improvement in your symptoms over 3-6 months you may be a candidate for shockwave therapy ($100.00/treatment; 3-5 treatments are usually required). A cortisone injection is required very rarely and has some potential side effects.

Place your leg with a bent knee on the kitchen table. Bend forward from your waist to feel the stretch through your hip.

To stretch your calf keep your foot flat and your knee straight. Hold for 45-60 seconds and then keep your foot flat but bend your knee forward.

Lastly, keeping your knee bent lift your heel and press the ball of your foot into the ground.This stretches the sole of your foot.

Massage the sole of your bare foot by rolling a golf ball in your arch, pressing hard enough to feel like you are breaking up scar tissue.

To strengthen your arch place a tea-towel on the floor and grab it with your toes. Keep grabbing until you reach the end of the towel. Repeat 3 times.You may do this while sitting or standing

Strengthen your hip using green Theraband tubing as shown. Hold onto something for balance, bend your knee slightly, keeping the knee over your toes. Don't let the tubing pull the knee in, out of alignment.