

Plantar Fasciitis Initial Management

Below please find a sample of early techniques to manage Plantar Fasciitis. For best results, discuss this plan with your occupational therapist, physiotherapist or physician.

Ice

Apply a small cold pack wrapped in a damp tea towel to the sole and heel of your foot for 10 minutes. Reapply every 2 hours as required.

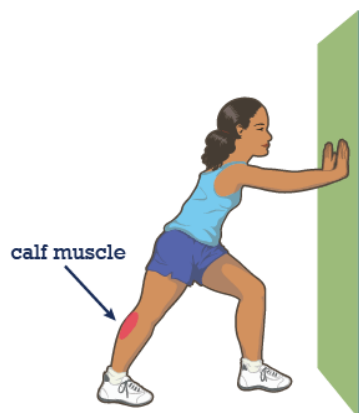
Sitting plantar fascia stretch

Sit in a chair and cross one foot over your other knee. Grab the base of your toes and pull them toward your leg until you feel a comfortable stretch. Hold 15 seconds and repeat 3 times daily.



Standing Calf Stretch

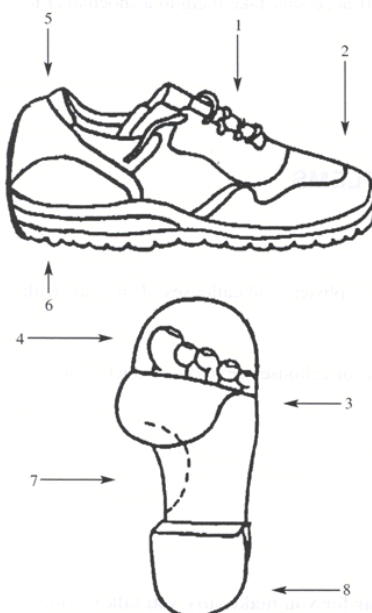
Facing a wall, put your hands on the wall. Keep your sore foot back with your heel on the floor and your foot turned slightly inward. Keep the other leg forward. Slowly lean forward towards the wall until you feel a stretch in the back of your calf. Hold for 15 seconds and repeat 3 times daily.



Footwear

Wear supportive footwear at all times, including when you first get up after a rest.

1. Wear shoes with laces to hold the foot firmly.
2. The toe space should be round and high.
3. Allow for enough toe width to prevent crowding of your toes.
4. The widest part of the shoe should match the widest part of the foot.
5. Footwear should be long enough to prevent deformities.



5. The heel cup of the shoe should be firm with a snug fit to keep the heel in position.
6. Heel height should be about 1 inch (2.5 cm).
7. It is important to wear your insoles if you have been fitted with them.
8. Chose a shoe with a firm sole.

See your occupational therapist, physiotherapist or physician for further management.