

Plantar Fasciitis Instructions

Heel pain can be caused by a variety of conditions. Plantar fasciitis is the most common.

If you have plantar fasciitis, there are a few things that can be done at home to help with the healing process.

1. In most cases, plantar fasciitis is associated with a tight calf muscle. This causes increased tension on the Achilles tendon and plantar fascia. Stretching this muscle can help reduce the strain on your injured fascia.

To stretch this muscle, lean against a wall with the leg you are stretching behind you. Wear supportive shoes and arch support while doing this. On the leg you are stretching, keep your knee straight and foot pointed forward (not out to the side). Keep your heel on the ground. Stretch slowly and hold for 30 to 60 seconds.



2. Ice massage can be helpful. Place a golf ball or mostly full water bottle in the freezer. Then role the sore spot on your foot over the cold object. This helps with inflammation.
3. Barefoot walking prevents healing of this problem. You should wear a supportive shoe in the house as much as possible.
4. Massaging the area is often helpful. A massage therapist can help with this as well.

Treatment provided by your podiatrist includes a combination of treatment of the mechanical problem (over stretching of the fascia) and treatment of inflammation in the area. Every person is different and the inflammation component may be a bigger issue in some than others. There are many options for treatment, including Orthotics, strapping, casting, physical therapy, cortisone injection, and medication. Rarely, surgery is used to treat plantar fasciitis. Multiple surgical techniques are available.

It often takes months to resolve this problem and further testing may be needed if progress is not made.