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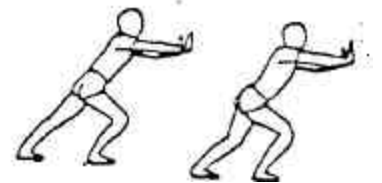
Plantar Fasciitis Rehabilitation

- A. Ice Massage over entire arch and heel area until numb (5 - 8 minutes) as often as possible and before and after exercise sessions.
- B. Friction massage over affected area for 5 minutes, pressing as hard as tolerable. Repeat 3 - 5 times daily.
- C. Non-steroidal anti-inflammatory (NSAID) medications as prescribed by physician.
- D. Heel lifts or heel cups worn in shoes as prescribed.
- E. Iontophoresis or ultrasound, if available, as prescribed by physician.
- F. **Golf Ball Roll:** Roll a frozen golf ball under the affected heel and arch, pressing down as hard as tolerable for 5 minutes at a time. Repeat as often as possible throughout the day.
- G. **Arch taping:** Tape arch to add stability to affected structures. The treating physician may opt for prescription orthotics application.

- H. **Metatarsal Phalangeal Joint Stretching:** Place toes on wall 3 - 6 inches above the floor, slowly slide foot down wall, eliciting a stretch in the great toe and arch. Hold each stretch for 10 - 30 seconds, repeat 5 - 10 times, 5 - 10 times daily.



- I. **Calf & Achilles Tendon Stretching:** Stand 12" - 18" away from a wall with trunk and knees straight. Slowly lean into wall, keeping knees locked and heels on the floor. Slowly move heels away from wall as stretch becomes easier. Perform with knees straight and knees bent. Hold each stretch for 10 - 30 seconds, repeat 5 - 10 times, 5 - 10 times daily.



- J. **Paper Pick-Up:** Crumple several pieces of 3"x3" paper into balls about the size of marbles. Place the balls of paper on the floor, using the toes, grasp one ball at a time, pick up and place in opposite hand. Repeat 20 - 40 times.



- K. **Towel Crunches:** Lay out a towel on a smooth, slick surface and position the foot at one end. Curl toes to pull the towel toward the body without moving the heel. When the end of the towel is reached, use toes to push the towel away from the body. Progress by increasing repetitions or by adding a weight to the end of the towel.

