

# **Plantar Fasciitis Instructions:**

1. Perform stretches as directed three times per day and follow with ice massage.
2. Discontinue sandal and flip flop wear as much as possible.
3. Increase wear of supportive shoe gear, i.e.: sneakers.
4. Take anti-inflammatory medication if prescribed.
5. Decrease kneeling and squatting.
6. Discontinue walking or aerobic activities until advised.
7. We will discuss orthotics. Physical therapy and possible cortisone injections.
8. Your compliance is very important in the success of this treatment regimen.
9. Patient to return in 7-10 days for follow up care.