



# The 3 Golden Rules of: **PLANTAR FASCIITIS TREATMENT**

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## 1. Exercises



### ICE

Frozen water bottle; place on floor and roll arch, with pressure from heel to ball of foot. Roll for 15 minutes, 1 minute break; repeat 3 times; total of 45 minutes, repeat morning and night.



### TOWEL STRETCH

Sit up with back supported, legs straight out, knees locked, and place a towel around your foot and gently pull toward you, feeling a stretch in your calf muscle. Hold for 1 minute, 5 second break. Repeat process for 10 minute. Keep towel near bed, repeat morning and night.



### WALL STRETCH

Place your toes against the wall as shown. Flex your toes upwards as far as they will. Bend your knee and take weight through your front foot. Hold for 1 minute, 5 second break. Repeat process for 10 minute. Repeat twice a day.

## 2. Foot Wear



### AVOID BARE FEET

Minimize barefoot walking. Inside the house, must wear supportive flip flops or slides. I strongly recommend products like: **ARCHIES** or **OOFOS**. Purchase online.



### ARCH WRAP

"Coban" self adhesive bandage around the arch from the ball of the foot to the heel applies compression and relieves the symptoms of arch pain. Apply first thing in the morning and remove before bed.



### SNEAKERS

Invest in quality sneakers: **BROOKS, HOKA, ASICS, ALTA**. No Crocs!, Instead choose companies like: **KANE FOOT WEAR** or **OOFOS**.



### INSOLES

Arch supports for long term care; recommend: **WALK- HERO, POWERSTEPS, SUPERFEET**.

### SEMI-CUSTOM INSOLES

Visit: [www.treadlabs.com](http://www.treadlabs.com); answer a short survey for a more custom fit.



### CUSTOM INSOLES

3D digital scan prescription custom insoles. Insoles, custom or over the counter, should be replaced yearly.

## 3. Office Procedures



### CORTISONE INJECTION

Cortisone is a powerful anti-inflammatory medication that can quickly reduce the swelling and pain associated with plantar fasciitis. The effects of can last for a few weeks to a few months.



### ULTRASOUND-GUIDED CORTISONE INJECTION

Use of ultrasound imaging to precisely guide the injection of cortisone into the affected area. This targeted approach provides pain relief and reduced inflammation.



### MLS PAIN LASER

Laser that safely penetrates the skin to accelerate healing, decrease pain, and decrease inflammation.



### EXTRACORPORAL SHOCK WAVE THERAPY

Delivery of focused shock waves to the heel, stimulating healing by creating microtraumas which triggers the body's natural healing response, including increased blood flow and tissue regeneration. Treatment can also desensitize nerves in the area, providing immediate pain relief.