



WAYPOINT

ORTHOPAEDIC ASSOCIATES

Dx: Right Left PLANTAR FASCIITIS STRETCH

Patient Name: _____ Date of Birth: _____

PT/OT: Please evaluate and treat. Follow attached protocol. 2-3 x per week x 6 weeks.

Signature/Date: _____

Plantar fascia-specific stretching; plantar fascia is stretched by dorsiflexing the MTP joints while palpating the area of maximal tenderness a total of ten times per session, >3 sessions per day. Gastroc-soleus stretching, plantar fascial origin massage, viscoelastic heel inserts.



Fig. 1

Plantar fascia-stretching exercise. The patient crossed the affected leg over the contralateral leg. While placing the fingers across the base of the toes, the patient pulled the toes back toward the shin until he or she felt a stretch in the arch or plantar fascia. The patient confirmed that the stretch was correct by palpating tension in the plantar fascia. (Reprinted from: DiGiovanni BF, Nawoczenski DA, Lintal ME, Moore EA, Murray JC, Wilding GE, Baumhauer JF. Tissue-specific plantar fascia-stretching exercise enhances outcomes in patients with chronic heel pain. A prospective, randomized study. *J Bone Joint Surg Am.* 2003;85:1270-7.)