

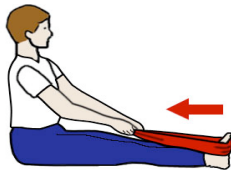


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Plantar Fasciitis is an inflammation caused by excessive stretching of the plantar fascia. The plantar fascia is a broad band of fibrous tissue, which runs along the bottom surface of the foot, attaching at the bottom of the heel bone and extending to the forefoot. When the plantar fascia is excessively stretched, this can cause plantar fasciitis, which can also lead to heel pain, arch pain, and heel spurs.

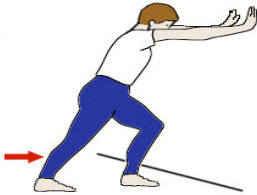
## Instructions For Heel Pain

Stretching – Hold stretches for ten seconds then relax, repeat 20 times. You can do these before getting up in the morning or after sitting.



### Towel Stretch

Sit on the floor with your legs stretched out in front of you. Loop a towel around the top of the injured foot. Slowly pull the towel towards to keeping your body straight. Hold for 15 to 30 seconds then relax - repeat 10 times.



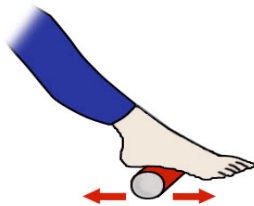
### Wall push

Lean your hands on a wall with your feet about 3-4 feet away from the wall. Bend one knee and point it toward the wall. Keep your back leg straight with your foot flat and your toes pointed straight ahead. Hold for 10 seconds and repeat with the other leg.



### Stair Stretch

Stand on a step on the balls for your feet, hold the rail or wall for balance. Slow lower the heel of the injured foot to stretch the arch of your foot.



### Frozen Can Roll

Roll your bare injured foot back and forth from the tip of the toes to the heel over a frozen juice can. This is a good exercise after activity because not only stretches the plantar fascia but also provides cold therapy to the injured area.

⇒ Ice 20 minutes at a time three or more times daily, do not put ice pack directly on skin; place a thin clothe between the pack and skin.

⇒ Shoes should be replaced at least once a year if worn moderately, and replace walking & running shoes approximately every three months.

⇒ If you were given a prescription take as directed.

**Heel pain should improve 50% within two weeks; if you are not getting any better please call to make an appointment.**

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