

Plantar Fasciitis (Heel Pain)

Patient Guide to Treatment

STRAPPING

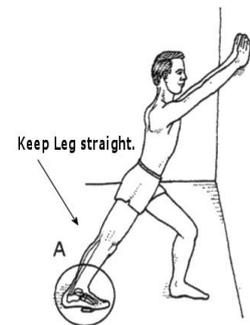
If your podiatrist has strapped your foot/feet it is important to be aware of the following:

- If (or when) it gets wet, dry as well as possible with a towel or use a hair dryer.
- Leave the tape in place for 1 week OR until you are reviewed (unless instructed otherwise by your Podiatrist).
- If you feel irritation is occurring under the strapping (allergy to tape) then contact the clinic for advice.

CALF STRETCHING

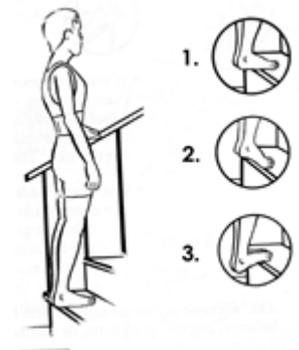
Routine A: 20 seconds each stretch
2-3 times each leg
Perform at least 3 times per day
Continue for a minimum of 6 weeks

Things to remember: Keep feet facing forwards/parallel
Keep heel flat on floor
Perform barefoot or in socks
Keep back knee straight
Perform after long walks or exercise



Routine B: Rise onto toes. Contract calf muscles and hold for 30 seconds
Relax and lower heels as low as possible
When recovered raise onto toes again
30 seconds each hold & repeat 3 times
Perform at least 3 times a day
Continue for a minimum of 6 weeks

Things to remember: Wear shoes during exercise
Keep foot half on step & keep knees straight



SHOES

- Do not wear totally flat shoes or sneakers. Even flat slippers when worn for a long period can aggravate symptoms.
- Do wear shoes with a slight/moderate heel
- Unless it feels more comfortable, avoid wearing boots that limit ankle movement.
- Wear supportive shoes as often as possible (lace-ups are best) at least until symptoms are under control/resolved.

GENERAL INFORMATION

Do not do excessive exercise during the initial phase of treatment. Depending on the severity of your symptoms you may need to stop running/exercising for a few weeks until your heel pain is under control; then only perform exercise for short periods and only if it does not exacerbate of your symptoms. If symptoms aren't responding to the initial treatment, do not be concerned as there are a variety of follow up treatments that will manage your problem.