



Plantar Fasciitis Home Instructions

SHOES: Wear a good, lace up shoe, sneaker or medical cros (even around the house) whenever weight-bearing. This includes even brief periods of walking. While sitting, icing, or resting it is ok to remove your shoes but shoes should be put immediately back on and worn whenever you are on your feet.

ICE: Apply ice to the area 4 times a day for 10-15 minutes. Never more than 15 minutes at any one time. Use it for a shorter period of time if it's uncomfortable. Use a sock over the foot for protection of the skin. Use a bag of frozen peas or corn that you have loosened up. This will mold to the foot like a beanbag. People often tell me that they don't have time to sit down and ice four times a day. Look at it another way, apply the ice when you're already sitting down doing something else such as at the computer, watching television, on the telephone or eating a meal.

STRETCH: See the reverse side of this sheet for your stretching instructions.

INSERTS & BRACE: Use the shoe inserts/brace anytime you are weight-bearing on the foot, even at home.

NIGHT SPLINT: Wear the night splint only at night; do not walk with splint on.

MEDICATION: We recommend **nonsteroidal anti-inflammatory medications:** (Naprosyn, Ibuprofen-Motrin, Mobic or Celebrex). We recommend taking them as directed for maximum effectiveness. Only taking them "when you feel like you need it" is not recommended.

INJECTION CARE: If the doctor gave you a cortisone injection. You may have throbbing afterwards. If throbbing occurs then apply ice to area for 30 minutes.

Please ask if you have any questions regarding any of these instructions.