

ORTHOPEDIC PHYSICIAN ASSOCIATES

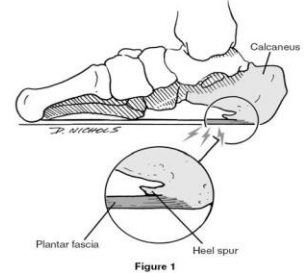
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PLANTAR FASCITIS

PATHOLOGY OF INJURY: Plantar fasciitis is a common overuse injury to the tissues along the underside of the foot. The plantar fascia provides support to the mid-section of the foot. Injury often caused by: inadequate shoes, prolonged standing, high arches, flat feet, and obesity. In some instances bone spurs form which may need to be addressed by aggressive physical therapy.

Stretch- Range of motion (ROM) is the primary objective during the early stages of rehab.



<p>Toe Extension Grip base of your foot with hand. Pull your toes upward towards body.</p>	<p>Hold 20 seconds -Relax- Repeat 10-15 times</p>	
<p>Gastrosoleus Stretch Stand an arms length from wall. Place the calf to be stretched in back. Turn toes of back foot slightly inward and heel out. Lean towards wall, leading with waist, allow arms to bend. Keep heel on floor. First do stretch with knee straight then bend slightly, keeping heel on floor at all times.</p>	<p>Hold 20 seconds -Relax- Repeat 10 times</p>	
<p>Roller Stretch Place a soup can or round object on floor. Place foot on top. Roll foot back and forth over object. *Note this stretch can be used as a cool down exercise with use of a frozen water bottle.</p>	<p>Roll over arch 3-5 minutes</p>	

Strengthening Exercises

<p>Heel Raises Stand with your feet hip distance apart, and flat on the ground. Place your hands on chair or wall for stability. Lift both of your heels simultaneously about 3-4" off the ground. Hold 5 seconds. A more advanced exercise would be to complete the exercise one leg at a time. Lifting one heel from the ground and holding.</p>	<p>Hold 5 seconds -Relax- Repeat 10-15 times Complete 3 sets</p>	
<p>Towel Curls Place a hand towel on the ground. Put your foot at the end of the towel. Grab towel with toes and pull the towel towards heel. This is a difficult exercise, do not cheat by using other parts of your foot to move the towel.</p>	<p>Complete 3 sets twice daily</p>	
<p>Inversion Ankle Tubing Place the tubing around your toes with other end fixed to a stable object (heavy table). Fully extend your leg. Pull foot inward so sole of foot points towards the other leg. Motion should be continuous and smooth from start to finish. Do not relax foot until back to neutral. * Note: tubing can be purchased at your local sporting goods store. The resistance increases (easiest - hardest): Yellow, Red, Green, Blue, Black.</p>	<p>Complete: 3 sets of 15 repetitions</p>	