



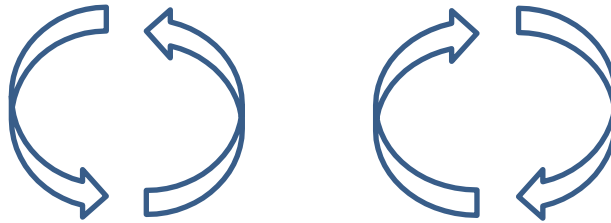
PLANTAR FASCIITIS HOME PROGRAM

The plantar fascia is an important structure that helps maintain the height and shape of your arches.

When you cause it to stretch too far, it becomes damaged where it is attached
to your heel bone (calcaneus).

Follow these easy steps to begin the healing process.

Your calf muscles and arches are tight when you first get out of bed, so you can re-injure your feet if you don't loosen them up before you put weight on your feet. Before weight bearing, draw large clockwise and counterclockwise circles in air with toes for about 30 seconds



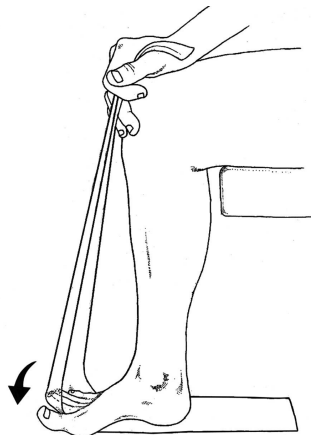
Gently pull your toes into extension with hand, and hold 45 seconds



Stretch calf with towel, keeping knee straight and hold for 45 seconds. Slowly bring your chin to your chest as you hold the stretch.



Clench foot to draw up arch (shorten foot); pause for 5 seconds and relax; repeat 6 times



Place a flat piece of exercise band on the floor beneath your foot. Stabilize it with the heel and forefoot and pull the opposite end of the Band to your knee, lifting your toes. While maintaining tension on the Band, force the toes downward (arrow) to strengthen your toes.



Gather hand towel with toes; repeat 2-3 times, relaxing for 15 seconds in between



Stretch calf muscle with straight knee... and with knee slightly bent
Hold each stretch for 45 seconds, feeling only a mild stretch



Ice is a great anti-inflammatory (reduces swelling and pain).
Rest your heel on an ice pack or roll your foot over a frozen water bottle or over a frozen golf ball for 5 - 10 minutes following activity and again before bed

Avoid being barefoot in the home.

Your feet need to be supported until the fascia is healed so wear your foot orthotics in indoor shoes or supportive sandals like **Birkenstocks**, **Sole** or **HOKA** as a house slipper.

Questions? 519-650-9883 or info@orthokineticsinc.com

**EXPERTS IN THE DESIGN, FABRICATION AND FITTING OF
FOOT ORTHOTICS SINCE 1988**