

## Plantar fasciitis

The plantar fascia is a fibrous material on the bottom of the foot. It is attached to the heel bone, fans forward toward the toes, and acts like a bowstring to maintain the arch of the foot.

### TREATMENT

1. Arch supports—Recommend Spenco arch cushions, full length
2. Heel cord stretches, three times per day
3. Rest—no running
4. Massage foot with ball
5. Nike Air Soles
6. Anti-inflammatory medication
7. Ice the sore area, three times per day and after activity
8. Optional—Night splints

### Heel Cord Stretches

Stand at arm's length from a wall, counter or table with your back knee locked and your front knee bent. Slowly lean toward the table, pressing forward until a moderate stretch is felt in the calf muscles of your straight leg. Hold 15 seconds. Keeping both heels on the floor, bend the knee of your straight leg until a moderate stretch is felt in your Achilles tendon. Hold 15 seconds more. You should feel a moderate pull in your muscles and tendon, but no pain. Change legs and stretch the other leg.

Work up to 20 repetitions , three times per day