



Therapy Solutions

Physical Rehabilitation and Sports Medicine

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Advice for Plantar Fasciitis



Do's:

- Wear athletic, arch supportive shoes at all times (update shoes regularly). Talk to your therapist about the possible need of orthotics.
- Stay active without provoking pain or excessive impact on your heel(s). Keep your physical fitness up by swimming, pool exercises, cycling or other low impact exercises without provoking pain.
- Apply ice to the painful area for 2x / day for 20 min
- Perform your home exercise program (including stretching) 2x/ day.
- Perform your stretches before getting out of bed in the morning.
- The first steps out of bed should be made with a supportive shoe or sandal on.
- Keep your weight in check. Ideally your body - mass index (a measure of body fat based on height and weight that applies to adult men and women) should be between 18.5 and 24.9. You can calculate your body- mass index on the following website:
<http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>. Remember that with every step you take, 3 times your body weight will go through your feet.



Don't's:

- Don't wear flip-flops!
- Don't go barefoot
- Don't exercise above your pain level: this will only increase the duration of your healing time...
- Limit athletic activities that involve excessive and repetitive heel impact such as walking, running and jumping temporarily.
- Avoid walking/ standing on concrete floors. If you do, wear cushion-soled shoes

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