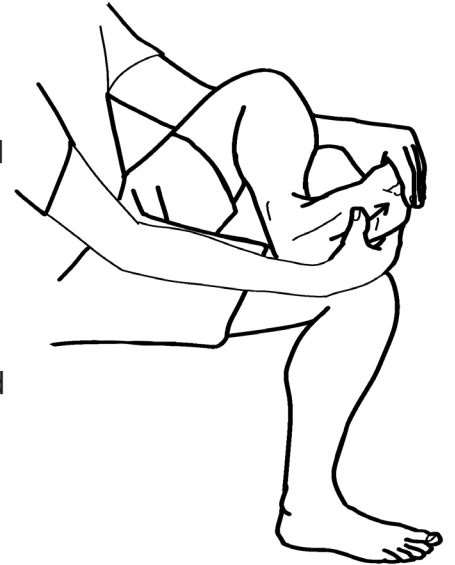

Plantar Fasciopathy

Non-Operative Treatment Modalities

Plantar Fascia Massage

Cross-Legged Plantar Fascia Massage

Sit with the side of the affected foot crossed over the opposite knee. Using the hand closest to the big toe of the affected foot, pull the big toe back to place the plantar fascia under stretch. You should now be able to see and feel the fascia. With the other hand closer to the heel of the affected foot, massage the plantar fascia until you feel some mild pain. Massage from your heel all the way until the balls of your feet along the entire plantar fascia.



Standing Plantar Fascia Massage with Ball

Find a small rubber ball slightly smaller than a tennis ball. It should have some rigidity. Place the ball on the ground and step on the ball with the affected foot. Move the foot around, applying your body weight down onto the ball until you feel some mild pain over the plantar fascia area.

Gastrocnemius & Plantar Fascia Stretching

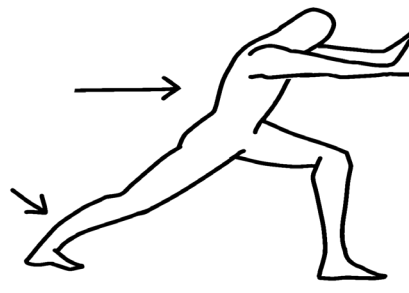
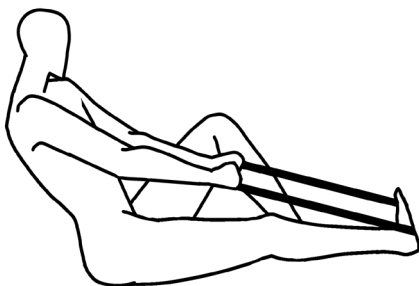
Stretch the calf muscles with the knee extended and the heel centered under the ankle.

Sitting Towel Stretch

Sit with knee straight and towel wrapped around the foot. Gently pull on the towel until a stretch is felt behind the calf. This should be done passively.

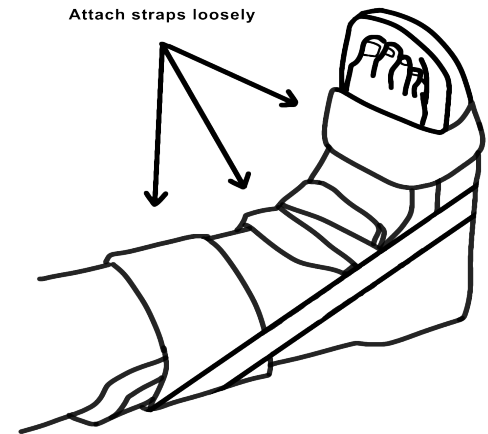
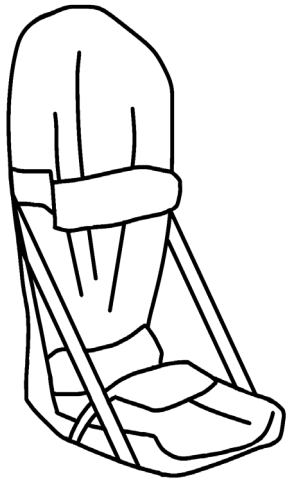
Standing Calf Stretch

Stand in front of a wall with the non affected leg in front. The knee in front should be bent. On the affected side, have the hip and knee extended. The foot should be flat on the ground with the heel touching the floor. Lean forward until a stretch is felt behind the calf of the back leg.



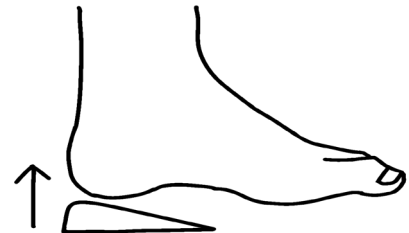
Night Splint

The night splint is an open boot that should be worn at night on the affected side or alternating sides each week if both sides affected. Use with a wedge under the heel if the calves are tight. The straps on either side should be applied loosely. The ankle should be in your ankle's neutral position which could be less than 90deg plantarflexion depending on how tight you are. This should be comfortable and should not feel like the calf is being actively stretched during sleep.



Heel Lift

A heel lift can be worn inside the shoes, or shoes with a bit of a heel can be worn. This will help to alleviate stress across the plantar fascia during activities.



***Cortisone injections into the plantar fascia may cause plantar fascia rupture**