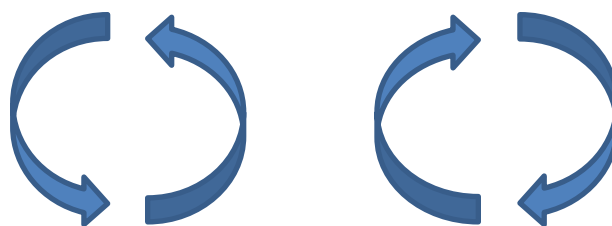


PLANTAR FASCIITIS HOME PROGRAM

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



Passively pull toes into extension with hand
And hold for 30 seconds



Stretch calf passively with towel, keeping
knee straight, and hold for 30 seconds



Clench foot to draw up arch (shorten foot); pause for 2 seconds and relax; repeat 6 times

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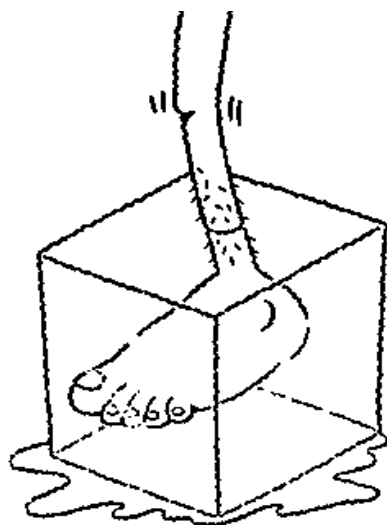
Gather hand towel with toes; repeat 2-3 times, relaxing for 15 seconds in between



Stretch calf muscle with straight knee...

and with knee slightly bent

Hold each stretch for 45 seconds, feeling only mild discomfort



Ice is a great anti-inflammatory (reduces swelling and pain). Rest your foot on an ice pack or frozen peas for **10** minutes. You could also alternate days with Rolling your foot over a frozen water bottle or over a frozen golf ball for 5 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 the home or supportive sandals like **Birkenstocks** or **Sole Flip Flops** as a house slipper.

Questions? info@orthokineticsinc.com

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