



From the office of:

Andrew J Blackman, MD

121 St Luke's Center Drive, Suite 302
Chesterfield, MO 63017 314-523-2595
AndrewBlackmanMD.com



HOME EXERCISE PROGRAM PLANTAR FASCIITIS

Phase I: Decrease pain, maintain strength, improve flexibility

- Avoid painful activities as much as possible (running, jumping, prolonged standing, etc)
- Frozen can roll twice per day: roll your heel back and forth over a frozen juice can or frozen water bottle for 20 minutes.
- Use anti-inflammatory medications (ibuprofen, naproxen, etc) as needed
- Stretching -- Perform all stretching exercises several times per day, including once first thing in the morning. For all stretches, you should feel a light to moderate stretch and hold for 30 seconds.

- Towel stretch –
 - 3 repetitions of 30 seconds



- Standing calf stretch –
 - Back leg is being stretched
 - 3 repetitions of 30 seconds



- Plantar fascia stretch #1–
 - 3 repetitions of 30 seconds

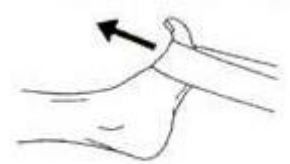


- Plantar fascia stretch #2
 - The plantar fascia (under right thumb in diagram) should feel taut, like a guitar string
 - 3 repetitions of 30 seconds



- Strengthening - perform after stretching exercises complete. Do not perform any painful exercises, waiting to incorporate these until you can perform them pain-free. Use an exercise cable or elastic tubing (Theraband) where needed. Perform 10 repetitions of each exercises twice daily to begin, advancing to 5 sets of 10 twice daily as you are able.

- Resisted dorsiflexion



- Resisted plantarflexion



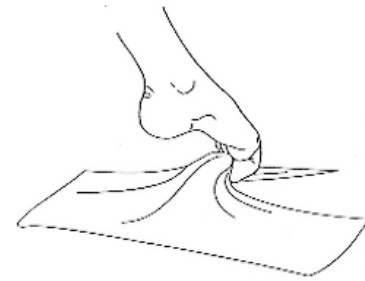
- Resisted inversion



- Resisted eversion



- Towel pick-up

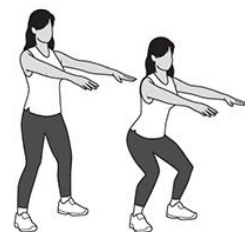


Phase II: Advanced strengthening & balance

- Criteria to progress: no pain with full Phase I strengthening (5x twice a day)
- Start with one time through the program daily, increasing to twice daily, then twice through twice daily as you are able. Perform as many reps as you can in the 30 second time period.
- Perform stretching program (as above) before strengthening
- Add small amount of non-impact cardio (high-seated bike, swim, elliptical) and advance as able
 - This should not cause pain
- Step-ups (30 seconds)
 - Begin with 6" step and no weights
 - Increase height or add weight as tolerated



- Quarter squats (30 seconds)
 - Bend knees to 30° with no weights
 - Increase knee bend or add weight as tolerated



- Toe raises (30 seconds)
 - Perform dual leg for 30 seconds
 - Then, perform single leg for 30 seconds
 - OK to use the back of a chair for support



- Single leg squats (30 seconds)
 - Bend knees to 30° with no weights
 - Increase knee bend or add weight as tolerated

