

## Plantar Fasciitis Care: ALL 3 ARE MANDATORY!!!

1. **STRETCH:** hamstrings, calves and arches after rest before standing up. This includes after a 20 minute car ride or 20 minutes sitting. Remember stretching means relaxing the muscle while lengthening it as much as you can, and the stretch must be held for a minimum of 45 seconds in order to break the tension of the fibers. Use a strap or belt.

2. Use an aftermarket firm **ARCH SUPPORT** and any lace up good fitting and relatively new athletic walk or run shoes (not "fashion" athletic shoes) at all times until fasciitis subsides. NO BARE FEET, NO STOCKING FEET, NO FLIMSY SLIPPERS OR FLIP FLOPS.

3. **ORAL ANTI-INFLAMMATORY** like Advil, Motrin, Ibuprofen or Aleve (pick one and stick with it) regularly twice daily x 10 days without regard for pain in foot.