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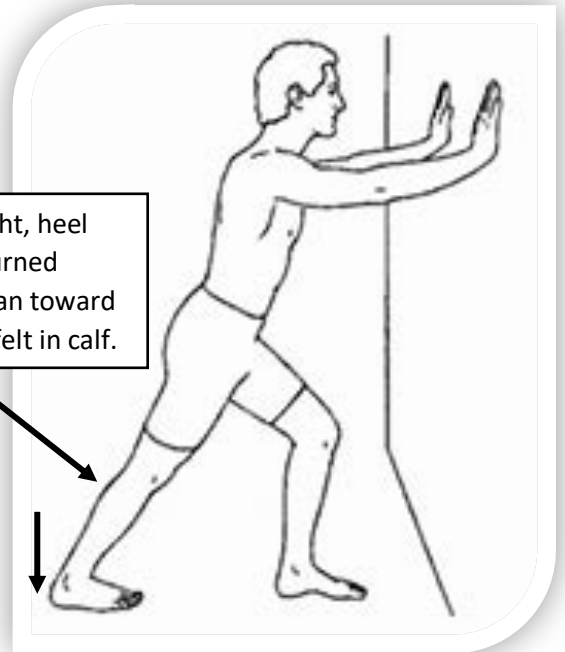
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PLANTAR FASCIITIS CARE



Keep back leg straight, heel on floor with foot turned slightly outward. Lean toward wall until stretch is felt in calf.



Plantar Fasciitis is the term used to describe pain, microtrauma and (*if present*) inflammation that presents in the plantar fascia as it inserts into the heel bone. While it is possible to tear the fascia, this condition is usually an overuse injury that develops from repetitive stress on the fascia from repetitive stretching and micro-stress of the “spring-like” connective tissue.

Some things you can try are:

- Stretching: 10-20 minutes per day, several times a day
- Ice
- NSAID – Oral anti-inflammatory: Advil 600 mg, one tablet three times daily with food. If you develop stomach problems, please stop.
- Shoe gear – running shoes: Asics, Saucony, Brooks, New Balance, Altra
- Night splint
- Physical therapy
- Taping
- Cortisone Injection: Can only receive 3 injections in a year
- Orthotics
- Surgery