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## **PLANTAR FASCIITIS REHAB PROTOCOL**

### **General**

- The plantar fascia originates off of the medial calcaneal tubercle, and the point of maximum pain is typically at that location.
- The treatment of plantar fasciitis is typically a protracted one, frequently lasting 6 months (or greater).

### **Phase I (Acute plantar fasciitis)**

- Shoe modifications - viscoheel cups, orthotics (soft or firm arch support).
- Activity modification - for runners – a period without running (usually from 2 to 6 weeks) until pain has subsided. When running resumed, begin with low mileage and increase slowly; run on soft surfaces – grass vs. pavement.
- Exercise
  - Ankle dorsiflexion stretches-towel stretches; wall stretches;block stretches (toes on block and heels on ground)
  - Extrinsic and intrinsic strength-towel scrunch; marble grab; toe raises
- Modalities
  - Iontophoresis
  - Phonophoresis
  - Fluidotherapy
  - Moist heat prior to activity/ Cryotherapy following activity

### **Phase II (Recalcitrant, if no improvement after 12 weeks of treatment)**

- Patient will be reevaluated by orthopaedist and possibly receive a steroid injection.
- If steroid injection is given; no running is permitted for at least 2 weeks.
- Patient resumes stretches, modalities.
- Night splinting is begun.

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