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PLANTAR FASCIITIS HOME TREATMENT

PLANTAR FASCIITIS occurs when the plantar fascia ligament is irritated or injured leading to inflammation and pain. This pain is typically on the bottom of the heel and/or arch of the foot. It often is more painful with the first few steps after getting out of bed or from a chair, but can be bothersome after prolonged standing and activity as well. Two main components make up PLANTAR FASCIITIS:

1. Inflammation
2. Poor foot and ankle mechanics

PLANTAR FASCIITIS home care consists of recommendations to help both components:

Inflammation remedies

1. **Ice** the painful areas of the foot for 20 minutes 4 times a day or more. The more you ice, the better.
2. You can use an **anti-inflammatory medication** as directed. This includes Motrin, Ibuprofen, Advil, Aleve or Celebrex. Holistic, anti-inflammatory remedies include Curamin, Ginger and Tumeric. (Tylenol is NOT an anti-inflammatory medication). Ask your doctor about other medications you are already taking which may help with inflammation.

Mechanical remedies

1. **Stretch** the plantar fascia ligament, calf muscle and Achilles tendon, and the hamstring muscles before getting out of bed or a chair AND throughout the day.
2. Wear good, **supportive shoes**. They should be less than a year old. You should NOT be able to bend the shoe in the midfoot or arch area. If you can, it doesn't have sufficient support. It is OK for shoes to bend in the forefoot.
3. Invest in a good **arch support**. Custom-made orthotics prescribed by your doctor are superior to any over-the-counter insert. Wear them inside supportive shoes daily until the pain is gone. NEVER walk barefoot, even in the house.

Most people who experience prolonged PLANTAR FASCIITIS do so because they do not follow ALL of the home treatment recommendations everyday.

- It **IS** common to have PLANTAR FASCIITIS for weeks to months. Following all of the home treatment instructions will give the best chances of healing quickly and preventing future flares.
- It **IS** common to need additional treatment if the home remedies are not enough to resolve your pain. Your doctor has many other conservative options if further treatment is needed.

Not all PLANTAR FASCIITIS feet are the same. If your pain is not resolving with the home treatment recommendations, contact Olympic Foot and Ankle at 916-244-7630 for further evaluation.