

PLANTAR FASCIITIS: Inflammation of the plantar fascia.

This can be caused by different things, which include increased exercising, tightness in calves, poor shoes, and hard flooring. Symptoms typically worsen with activity and improve with rest.



COMMON AREAS OF PAIN FOR PLANTAR FASCIITIS

CONSERVATIVE TREATMENTS

- Frozen water bottle or golf ball rolls - 2 x day, 10-15 min. each.
- Stretching the arch, Achilles, and calves - best in AM and after exercise.
- No barefoot inside home – see the opposite side for recommended shoe brands and types.
- Plantar foot strap- removable arch support.
- Dorsal night splint - device worn at bedtime to prevent morning pains.
- Orthotics - OTC and Custom. Women >185 lbs. and Men >200 lbs. do better with custom orthotics. Some insurances will cover custom orthotics.
- Cortisone injection - No more than 3 injections in a 12 month period is recommended. It may cause acute fat pad atrophy in 5-10% of patients. Please allow 3-7 days to feel the effect of the injection.
- Exercising – avoid high impact exercises. You may do low-impact elliptical, biking, swimming, or stair stepper as long as symptoms are not aggravated.
- Physical Therapy - 3 x week for 4-6 weeks about 1 hour sessions (with co-pays each visit).

NEWER TREATMENTS - (for people who do not want conservative treatment)

- EPAT (*Extracorporeal Pulse Activated Therapy*) – Non-invasive FDA approved technology. It enhances circulation and stimulates the healing process. One may continue to do light exercise. Requires one treatment (about 7 min) every 5-7 days for 4 or 5 treatments. This treatment is not covered by insurance (\$75/one heel, \$125/both heels).
- PRP Injections** - Inject area with platelets and growth factors. Blood is drawn from your body and centrifuged down and reinjected to painful site. Out of pocket expense about same as EPAT. Usually >\$700-800
- High Intensity Shockwave Treatment** - 1 treatment done at hospital and need anesthesia. \$2000
**Not offered in our office.

SURGICAL OPTIONS (last resort)

- Plantar Fasciotomy: minimum 3-month recovery time.

SHOE RECOMMENDATIONS



ORTHOTIC SANDAL BRANDS	ATHLETIC SHOE BRANDS	ORTHOTIC BRANDS
<input type="checkbox"/> Fit Flops	<input type="checkbox"/> Brooks	<input type="checkbox"/> Asics
<input type="checkbox"/> Vionics	<input type="checkbox"/> New Balance	<input type="checkbox"/> The Running Store
<input type="checkbox"/> PowerStep	<input type="checkbox"/> Nike	<input type="checkbox"/> Hoka
<input type="checkbox"/> Spenco	<input type="checkbox"/> Mizuno	<input type="checkbox"/> Newton
<input type="checkbox"/> Birkenstocks	<input type="checkbox"/> Saucony	<input type="checkbox"/> Altra
<input type="checkbox"/> Sole	Other _____	

SHOE TYPES:

- Stability:** Non-flexible, only toe box should bend, provides support to the medial (inside) portion of the feet, good for low arch/ flexible flat feet and over-pronation.

- Motion Control:** Provides the greatest support to the medial portion of the feet, used for those who bear weight excessively along medial part of shoe and people morbidly overweight-also for rigid flat feet and severe arthritis in feet.

- Neutral:** Allows the foot to be used naturally during the gait cycle, good for high/normal arch feet.

- Wide:** Extra space for bunions or wide feet.