

# Outline of Treatments for Plantar Fasciitis

## Conservative treatments

These are methods that are fairly simple, inexpensive, and can be done on your own at home.

- Wear comfortable shoes with some cushioning and arch support, and avoid hard shoes or anything barefoot.
- Ice your foot several times a day, either with ice cups or a round, frozen object like a plastic water bottle. If you run, ice immediately afterwards.
- Stretch your calves at least three times per day.
- Stretch your plantar fascia three times per day.
- Use a low-Dye taping to protect your arch when you walk around or exercise.
- Consider using an over-the-counter orthotic like SuperFeet Green or Powerstep in your everyday shoes and running shoes.
- Wear a night splint or a Strassburg Sock at night to stretch out your arch, Achilles, and calf muscles.
- Roll out your plantar fascia with a golf ball, taking care not to press too hard on the injured area.

## Aggressive treatments

These are treatments with more cost and less certainty about outcomes, but may prove useful in recalcitrant cases.

- Consider seeing a podiatrist and getting custom orthotics made. They have a large up-front cost and may take a few weeks to arrive, but many runners credit their recovery to orthotics.
- Talk with your doctor or podiatrist about the risks and benefits of a corticosteroid injection or, preferably (to reduce the risk of plantar fascia rupture), iontophoresis.

- Seeing an A.R.T. or Graston Technique practitioner may speed your recovery, though there's no research to back these treatments
- Look into extracorporeal shockwave therapy or platelet rich plasma injections for particularly stubborn cases

