

PLANTAR FASCIITIS

Always wear a sneaker or supportive shoe. This includes when waking up to go to the bathroom, or even on the beach.

Roll your foot daily on a water bottle that has been frozen.

Stretch your calf muscles daily in a standing position, hands against the wall, with both knees-bent and knee-straight to get both parts of the calf muscle.

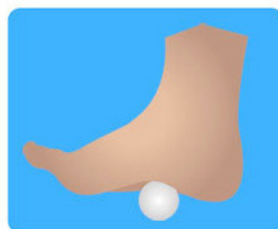
Wear othotics if they have been recommended.

Wear night boot if directed to do so. We prefer the Swede-O FXT as it is light and easy to adjust to.

As the pain subsides, exercises such as picking up marbles with your toes and pulling a towel with your toes will be implemented.



Calf stretch



Ball roll



Towel stretch

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