

## Plantar Fasciitis Protocol

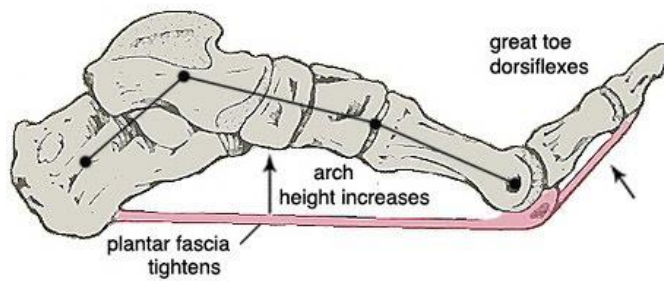
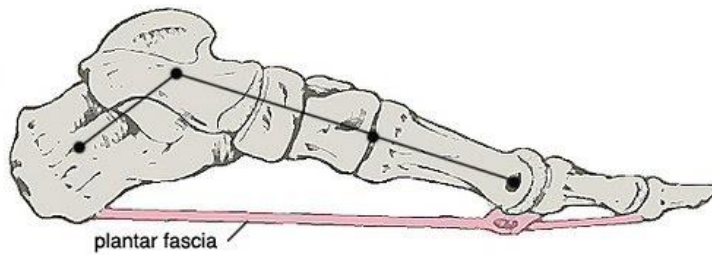
Dr Gueramy 4/2018

### Phase 1:

- Windlass plantar fascia stretch and heel cord stretching to be done
  - AM before getting out of bed
  - In the afternoon
  - Before bed
  - After any period of prolonged sitting

### Phase 2:

- PT initiated if patient is not improving
- Custom orthotics
- Goals
  - Pain control and pain relief
  - Restore calf flexibility and foot muscle control
  - Reduce inflammation



\*Windlass Stretch