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