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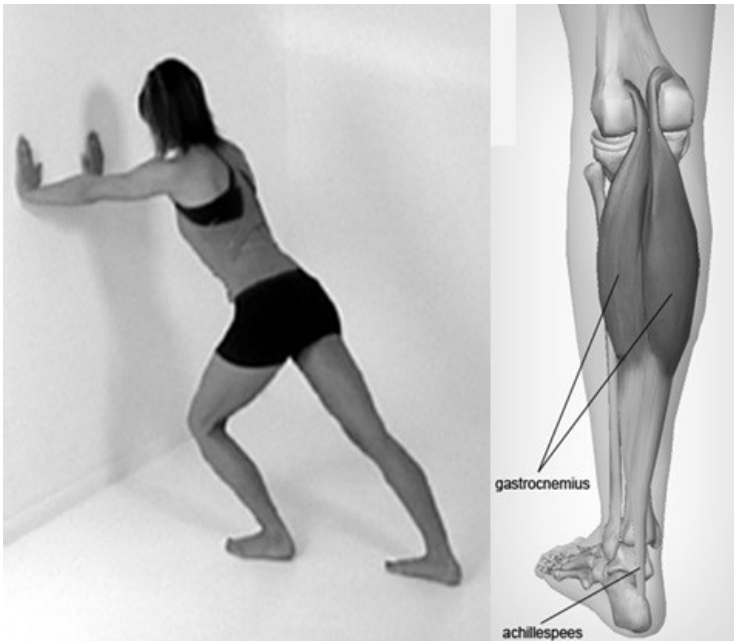
DFW Foot and Ankle

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## Stretching Instructions



Keep back leg **STRAIGHT** while keeping both heels on the floor. Both feet should be in line with each other and push forward with your hips. Arch your back and look up. Keep your elbows straight and head up. Count to 10. Do this at least 10 to 15 times a day.

It will be helpful to ice the bottom of the foot once or twice a day. You can freeze a water bottle and roll it like a rolling pin on the arch of the foot.



**\*FROZEN WATER BOTTLE\***



## Plantar Fasciitis



Plantar fasciitis is a common, painful foot condition. Patients, and sometimes doctors often confuse the terms plantar fasciitis and heel spurs. Plantar fasciitis refers to the syndrome of inflammation of the band of tissue that runs from the heel along the arch of the foot; a heel spur is a hook of bone that can form on the heel bone (calcaneus). About 70% of patients with plantar fasciitis have been noted to have a heel spur that can be seen on X-Ray.

### Why did I get Plantar Fasciitis?

When a patient has plantar fasciitis, the connective tissue that forms the arch of the foot becomes inflamed (tendonitis) and degenerative (tendinosis)—these abnormalities cause plantar fasciitis and can make normal activities quite painful.

Symptoms of plantar fasciitis are typically worsened early in the morning after sleep. At that time, the arch tissue is tight and simple movements stretch the contracted tissue. As you begin to loosen the foot, the pain usually subsides, but often returns with prolonged standing or walking.

### How can I prevent plantar fasciitis from coming back?

To prevent the recurrence of plantar fasciitis after treatment, proper fitting footwear is essential. Many people use shoe inserts to relieve pressure over the tender area. Custom orthotics can also be made if there appears to be a problem with the mechanical structure of the foot. It is also important to continue the stretching and exercises. These simple exercises will help maintain the flexibility of the foot and prevent the plantar fasciitis pain from returning.