

Plantar fasciitis is an inflammation of a tissue that supports the arch of your foot and provides rigidity for push off during walking. Four out of five adults will experience similar heel pain at some time in their lives. The natural history of this condition is that it spontaneously resolves in over 90% of patients. Unfortunately, this can take up to a year. With the following program, hopefully we can help minimize your symptoms and give you more control of the problem.

**Stretching:** This is the mainstay of treatment. You cannot do it too often. You may find that a towel by your bedside for stretching before you get out of bed may be helpful to minimize the painful first step.

**Anti-inflammatories:** You may take 2 Aleve or Naproxen twice daily or 3 Advil or over the counter ibuprofen 3 times a day if it does not upset your stomach, if you do not have kidney problems or high blood pressure, or if are not taking blood thinners.

**Ice massage:** Take an ice cube and rub it over the sore area until it melts after prolonged weight bearing or exercise.

**Heel lifts:** These are used to take some stress off of the plantar fascia in your walking or exercise shoes. If they aggravate your pain, then take them out.