

Plantar fasciitis rehab protocol

1st step

Using a golf ball.

- Sitting down on a chair, place the golf ball under the foot and roll it all around the bottom of the foot.
- It might be tender or even painful, do not allow the pain to be more than 3 out of 10, (0 is no pain, 10 is extremely painful)
- Duration between 5 min on each foot, even if you only have the problem on 1 foot.



2nd step

Stretching the calf and plantar fascia muscles

- Barefoot with no socks, place your foot on the edge of a step, gently let the heel drop.
- Hold it 3 – 5 sec go up and change to the 2nd stretch, now focusing on the lateral side of the ankle.
- Hold it 3 – 5 sec go up and change to the 3rd stretch, now focusing on the medial side of the ankle.
- Repeat this sequence for 3 – 5 times.



1st Stretch

2nd Stretch

3rd Stretch

3rd step

1. Apply the ice pack (NOT INCLUDED) under PF splint pocket to help reduce inflammation (only for 5 to 10 min) and for a faster recovery
2. Open the strap and place your heel at the edge of the orange line
3. Lock the 1st strap, make it comfortable, not too tight
4. Place the 2nd strap above the 2 ankle bones, and lock in a tight manner but still comfortable and not painful
5. The 3rd strap goes through the ring of the 2nd strap then lock it into itself on the velcro
6. Bring your toes up so you can adjust to a comfortable stretch on the bottom of the foot (DON'T OVER STRETCH, NO PAIN)
7. Manage your gradual progression with the orange strips of the 3rd strap
8. Use the PF Splint as much as possible during the day, and try to sleep with it all night
9. **If you feel a sharp pain, burning or numbness sensation on the foot the 3rd strap is too tight. Release it and always have it in a comfortable stretch**



For any additional question you may have please contact Dan Fernandes

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