



STANDING BILATERAL HEEL RAISE

Raise on balls of feet.



SINGLE LEG TOE CURL

With foot resting on towel, slowly bunch towel up as you curly your toes.



PICK UP EXERCISE

Use toes of foot to pick up a towel or tissue from the floor, and place in opposite hand.

**NEED MORE HINTS AND TIPS?
LOOK NO FURTHER! SEE THE
NEXT PAGE FOR A COUPLE OF
HELPFUL HINTS AND TIPS!**

OTHER OPTIONS FOR SELF CARE:

1. Ice massage with water frozen in a cup/ bottle.
2. Friction massage with lotion or analgesic cream (may be uncomfortable), for 10-15 minutes.
3. Soak in warm water or use heat pad for 20 minutes. (good prior to stretches)
4. Use medications AS PRESCRIBED BY YOUR DOCTOR or safe over the counter medication.
5. Inserts or extra arch support for all foot wear.**NO WORN OUT BOOTS OR SHOES**
6. Wear slippers or footwear if condition is worsened by hard surfaces.

**For more assistance, contact
the Physical Therapy clinic at
362-5555 / 701-747-5555**



PLANTAR FASCIITIS



What is Plantar Fasciitis?

Plantar fasciitis (say "PLAN-ter fash-ee -EYE-tus") is the most common cause of heel pain. The plantar fascia is the flat band of tissue (ligament) that connects your heel bone to your toes. It supports the arch of your foot. If you strain your plantar fascia, it gets weak, swollen, and irritated (inflamed). Then your heel or the bottom of your foot hurts when you stand or walk.

Plantar fasciitis is common in middle-aged people. It also occurs in younger people who are on their feet a lot, like athletes or soldiers. It can happen in one foot or both feet.

What causes Plantar Fasciitis?

Plantar fasciitis is caused by straining the ligament that supports your arch. Repeated strain can cause tiny tears in the ligament. These can lead to pain and swelling. This is more likely to happen if:

- * Your feet roll inward too much when you walk (excessive pronation).
- * You have high arches or flat feet.
- * You walk, stand, or run for long pe-

riods of time, especially on hard surfaces.

- * You are overweight.
- * You wear shoes that don't fit well or are worn out.
- * You have tight Achilles tendons or calf muscles.

What Are The Symptoms?

Most people with plantar fasciitis have pain when they take their first steps after they get out of bed or sit for a long time. You may have less stiffness and pain after you take a few steps, but your foot may hurt more as the day goes on. It may hurt the most when you climb stairs or after you stand for a long time.

If you have foot pain at night, you may have a different problem.

**KEEP READING FOR STRETCHES
AND EXERCISES!!!**



 A close-up photograph of a person's foot rolling over a red and white frozen can on a light-colored floor.	FOOT ROLL Roll a frozen can/bottle under your foot. Increase pressure as tolerated.
 A photograph of a person standing with their back to a wall, leaning forward with their hands on the wall and their back leg straight.	GASTROC STRETCH Keeping back leg straight, with heel on floor and turned slightly outward. Lean into the wall until a stretch is felt in the calf.
 A photograph of a person standing with both knees bent and their back to a wall, leaning forward.	SOLEUS STRETCH Standing with both knees bend and involved foot back. Gently lean into wall until stretch is felt in lower calf.
 A photograph of a person standing on a step with their heel on the step and their foot on the floor, leaning forward.	PLANTAR FASCIA STRETCH Standing with ball of foot on stair, reach for the bottom step with your heel until a stretch is felt through the

**MORE INFO ON STRETCHES
AND EXERCISES ON THE
BACK!!!**

