

## PLANTAR FASCIITIS PROTOCOL

### GOALS:

- Reduce pain/inflammation/ecchymosis
- Maximize ROM/flexibility of foot/ankle
- Maximize strength of foot intrinsics and ankle musculature
- Normalize gait pattern with/without assistive device/orthotics
- Educate client in home exercise program and self-management techniques
- Return to ADL's/recreational/occupational activities

### PHASE I – Maximal Protection Phase

- Use assistive device as necessary to normalize gait pattern
- Anti-inflammatory/pain modalities
- Light massage/soft tissue work
- AROM exercises/gentle flexibility exercises for plantar fascia and calf
- Advise in ADL's/home exercise program/self-management techniques

### PHASE II – Moderate Protection Phase

- D/C assistive device when gait pattern has normalized
- Continue anti-inflammatory modalities prn
- Advance soft tissue massage as indicated/self-massage with golf ball
- Progress ROM exercises/flexibility exercises (rope stretch → wall stretch → incline board)
- Initiate strengthening:
  - Towel scrunches/marble pick-ups/toe flexion and extension
  - Theraband X 4 planes for ankle
  - Closed chain/weight bearing exercises
- Initiate proprioception exercises on foam/mini-tramp without shoe
- Initiate endurance exercises:
  - Stationary cycling (high seat, low resistance)
  - Swimming
  - Elliptical

### PHASE III – Minimal Protection Phase

- Continue ROM and flexibility exercises
- Progress strengthening as tolerated
- Progress endurance activities and begin walking/jogging as tolerated
- Initiate agility/plyometric/return to sport program
- Address footwear/orthotics
- Educate client in HEP and appropriate time-table for return to sport/recreational/occupational activities



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