

# Plantar Fasciitis:

Remember:

- Always wear a SUPPORTIVE shoe or boot with an orthotic in it when walking or standing. Especially first step out of bed.
- Stretch your calf muscles 60 seconds at a time, every 2-3 hours (every time you pee)
- You may take ibuprophen 600 mg with food every 8 hours for 2-3 weeks, but stop if you experience stomach upset. Remember that this is to decrease inflammation, not to block pain.
- Good types of orthotics are powerstep orthotics and superfeet green orthotics.
- Use ice as needed for no more than 20 minutes at a time.

Shoe Recommendations: While these are some of the shoes which we know are solid supportive shoes: New Balance 928, New Balance 1540, Brooks Beast, There are many others which will work as well.

- A supportive shoe is one that bends only at the toes, not at the arch, and does not twist or bend if you try to wring or bend it.

