

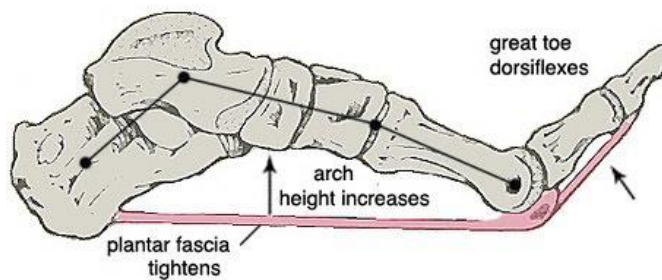
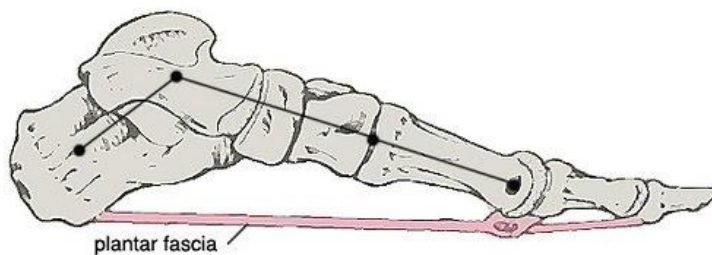
REHABILITATION GUIDELINES
PLANTAR FASCIITIS PROTOCOL

Phase 1:

- Windlass plantar fascia stretch and heel cord stretching to be done
 - AM before getting out of bed
 - In the afternoon
 - Before bed
 - After any period of prolonged sitting

Phase 2:

- PT initiated if patient is not improving
- Custom orthotics
- Goals
 - Pain control and pain relief
 - Restore calf flexibility and foot muscle control
 - Reduce inflammation



*Windlass Stretch