

## **Plantar Fasciitis Protocol**

### **Rick Hammesfahr, MD**

#### **Phase One (conservative):**

1.  Stretches to Achilles within pain-free tolerance
  - Towel → Wall → Step
2.  Rolling pin / Coke bottle massage to plantar fascia
3.  Taping for medical arch support
4.  Ice Massage
5.  Check footwear
6.  Ankle pumps, progress to heel raises

#### **Phase Two (physical therapy):**

1.  Continue phase 1 treatments
2.  Modalities for pain / inflammation
  - Pulsed ultrasound
  - Iontophoresis
  - E-stim
3.  Joint Mobilization
4.  Soft Tissue Mobilization / Transverse Friction Massage
5.  OKC → CKC theraband exercises for DF/PF/invert/evert
6.  Toe curls
7.  Towel scrunches
8.  Heel raises (if pain-free)
9.  Progress to step ups, other CKC LE strengthening as tolerated in pain-free ranges
10.  Consider orthosis if no relief