

Plantar Fasciitis

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

1500

Name of Child: _____ Date: _____

Plantar Fasciitis

What it is:

Plantar fasciitis is swelling of the thick band of tissue that runs along the bottom of the foot from the heel to the beginning of the toes. Plantar fasciitis occurs when the thick band of tissue (**plantar fascia**) is stretched too much or used too much.

This is very painful and makes walking difficult.

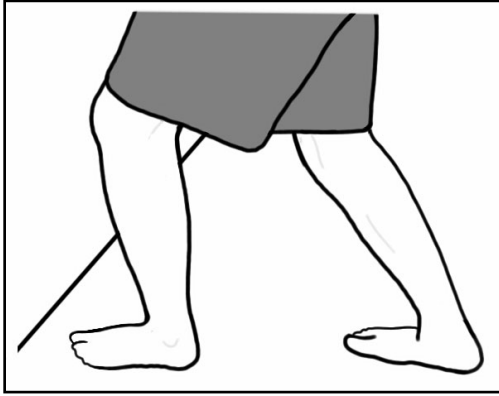


Plantar fasciitis occurs when the thick band of tissue is stretched too much or used too much.

What to do:

- Apply ice to the painful area. Do this at least two times a day for 10 to 15 minutes.
- Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) to decrease pain and swelling.
- Rest the foot as much as possible.
- Wear athletic shoes that give good support.
- Maintain a healthy weight.
- Do the following four exercises to stretch the thick band of tissue.

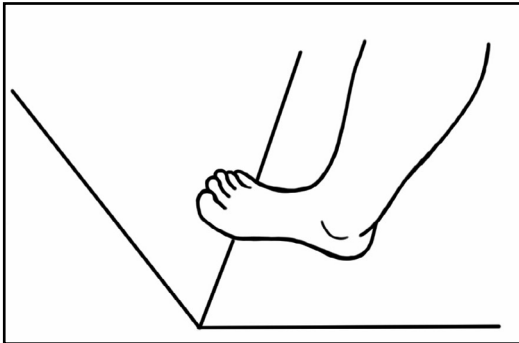
Do each exercise 3 times.
Hold each exercise for 30 seconds.
Do these exercises 5 times each day.



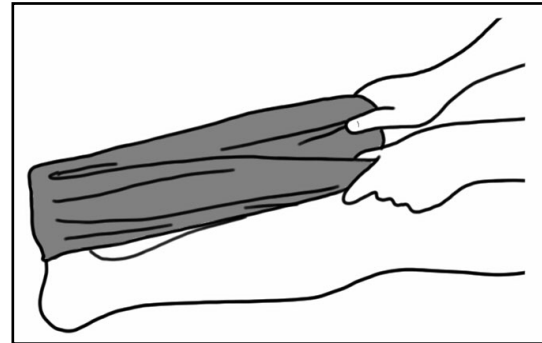
1. Stand with both feet flat on ground.
2. Place injured foot 12 inches behind other foot.
3. Bend knees with feet flat to stretch band on bottom of foot.



1. Sit on chair.
2. Place injured foot on opposite knee.
3. Pull back gently on toes of injured foot to stretch band on bottom of foot.



1. Place heel on ground with toes flexed up on wall.
2. Gently lean into wall to stretch band on bottom of foot.



1. Sit with leg straight on firm surface.
2. Hold towel ends with both hands.
3. Loop towel under ball of injured foot.
4. Gently pull ends of towel toward you to stretch band on bottom of foot.

Now that you've read this:

- ☐ Tell your nurse or doctor how plantar fasciitis is treated.
(Check when done.)
- ☐ Show your nurse or doctor how you will do the plantar fasciitis exercises.
(Check when done.)
- ☐ Tell your nurse or doctor who you will call if you have questions or concerns.
(Check when done.)



If you have any questions or concerns,

- ☐ call your child's doctor or ☐ call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
Facebook: facebook.com/theemilycenter
Twitter: [@emilycenter](https://twitter.com/emilycenter)
Pinterest: pinterest.com/emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

April 30, 2014 • DRAFT to family review
1500 • Written by Dr. Kristina Wilson
• Illustrated by Christine Remmel

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Plantar Fasciitis

Name of Health Care Provider: _____

Date returned: _____ ☐ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? ☐ Yes ☐ No

easy to read? ☐ Yes ☐ No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? ☐ Yes ☐ No

Why or why not?

Would you do anything differently after reading
this handout? ☐ Yes ☐ No

If yes, what?

After reading this handout, do you have any
questions about the subject? ☐ Yes ☐ No

If yes, what?

Is there anything you don't like about the drawings?

☐ Yes

☐ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!