

Plantar Fasciitis Rehabilitation Protocol

I. Phase I: Acute Phase

- Goals:
- Decrease inflammation
 - Promote tissue healing
 - Retard muscular atrophy
- Iontophoresis (with anti-inflammatory, ie, dexamethasone)
- Phonophoresis
 - Cryotherapy
- Stretching to gastrocnemius/soleus musculature
- Ankle strengthening
 - Foot intrinsic strengthening
- Gentle Cross Friction Massage
- Improve great toe extension range of motion
 - Improve posterior tibialis function
 - Initiate isometrics
- Avoid painful movements (ie, prolonged walking, etc)
- Gait analysis
- Pes planus/cavus, etc
 - Shoe analysis
- Assess midfoot mobility
- Great toe ROM

II. Phase II: Subacute Phase

- Goals:
- Improve heel cord flexibility
 - Increase muscular strength/endurance
 - Increase functional activities/return to function
- Exercises:** Emphasize Concentric/Eccentric Strengthening
- Foot intrinsics
 - Isotonic strengthening of ankle
 - Eversion, inversion, dorsiflexion, plantarflexion
- Continue flexibility exercises
- Modalities as needed
- heat
 - Ultrasound
 - Iontophoresis
 - cryotherapy
- Emphasis on heating tissue to improve extensibility
- Cross friction massage
- Soft tissue mobilization
- Initiate pain-free CKC hip/knee strengthening (if deficiencies are noted)
- Step down
 - Lunge
 - Wall squat
 - Hip extensors/external rotators
- Continue use of cryotherapy after exercise/function
- Gradual return to stressful activities
- Gradually re-initiate once painful movements

III. Phase III: Chronic Phase

- Goals:
- Improve muscular strength and endurance
 - Maintain/enhance flexibility
 - Gradual return to sport/high level activities

Exercises:

- Continue strengthening exercises (emphasize eccentric and concentric)
- Continue to emphasize deficiencies in hip and knee strength
- Continue flexibility exercises
- Gradually decrease use of counterforce Brace
- Use of cryotherapy as needed
- Gradual return to sport activity
- Consider custom orthotics
- Shoe modification
- Emphasize maintenance program