

AVORDCHIROPRACTIC

Plantar Fasciosis

Stretch –against wall 5-10 times a day

- gastroc –straight leg
- soleus-bent knee
- deep toe flexors—toes on wall
- sit on toes, tops of feet
- hamstring --3 positions in out straight
- glutes—90/90 and seated stretch (piriformis)

Self massage-ice cup, thumb pull toes back, roll golf ball, tennis ball, foot roller

Strengthen

- calf raises
- toe, foot grabs-squeeze the floor, pick up pencil marble towel rolls in/out
- glutes/hamstrings-see running prehab core sheet on website

Consider

- strassbourg sock (at regina sport group 11th and mcintyre, medicine shop, running room), walking boot (Jolly's vic and arcola/saskdrive),
- heel spur pads

Get orthotics either custom or OTC eg-powerstep, superfeet, new balance inserts

Goto: lannone's on 13th or fosters

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