

PLANTAR FASCIITIS CARE PROTOCOL

Welcome to your treatment journey! Plantar fasciitis takes time and consistency to heal. Here is your clear roadmap for in-office care and home recovery.

What to Expect During Your Appointments

1. **Cortisone Injections:** Mild cortisone injections may be administered to reduce acute inflammation. Patients receive up to 3 injections, spaced at least 3 weeks apart based on response to treatment.
2. **In-Office Physical Therapy:** You may receive therapies such as whirlpool and Remy Laser. Consistency is essential—staying committed to your scheduled therapy sessions directly impacts your pain relief.
3. **Foot Strapping & Support:** Following an injection, our medical team will tape your foot for support. Keep this tape on until your next appointment. As healing progresses, an ankle support sock will replace the taping.
4. **Custom Orthotics Evaluation:** We may evaluate your gait and foot structure for custom orthotics to provide long-term arch support.
5. **Advanced Imaging:** If pain persists, an MRI may be ordered to assess the health of the plantar fascia tissue.

Your At-Home Recovery Care

1. **Anti-Inflammatory Medication:** Take your prescribed Medrol dose pack (or alternative medication) strictly according to package instructions to help manage swelling and discomfort.
3. **Cold Therapy (Ice):** Use a basin of cold water with ice to soak the foot to soothe inflammation and reduce swelling.
4. **Rest & Recovery:** Give your feet time to heal. Plan to stay off your feet as much as possible, especially on days following an injection.

A Quick Reminder: Your feet are hurting because they are asking for extra care, listen to your body and give them the rest they need to recover fully.