

Plantar Fasciitis Protocol

1. **Get adjusted** - Proper spinal alignment and equal leg length is critical to ensure your gait is balanced. Equal weight distribution on your right and left foot as you walk or stand is the goal.
2. **Class IV Laser** - Our laser is proven to reduce pain and inflammation. A series of 6 or 10 laser treatments is often necessary to relieve plantar fasciitis.
3. **Active icing** - Freeze a water bottle that is 3/4 full of water. Actively ice your plantar fascia by rolling the frozen water bottle back and forth under your foot, on a hard surface.
4. **Deep calf & achilles stretch** - The plantar fascia is an extension of the calf muscles and achilles tendon. Stretch slowly and deeply by letting your heel hang off a stair.
5. **Fast sugar and processed foods for 7 days** - Plantar fasciitis is an inflammation issue in your body. Sugar and processed foods create inflammation. Eliminate them completely for 7 days.
6. **Check your shoes** - If you walk or stand for extended times each day, you need to wear shoes that provide proper foot support. While no shoe is perfect for everyone, try different shoes to see if your plantar fasciitis is affected.



If steps #1 - 6 do not resolve your plantar fasciitis:

7. **Custom orthotics** - If your condition doesn't respond to the above 6 steps, you may need to be fitted for custom orthotics. HP Spine doctors will refer you to a specialist we recommend.