

Plantar Fasciitis Home Instructions

1- Wear sneakers

All day long especially if you are going to be standing, walking or working. No flip flops or walking bare foot allowed.

2- Ice your feet every night

Keep a bottle of water in the freezer during the day. At night, put the frozen bottle on the floor and roll your foot on it back and forth with some pressure for 20 minutes. Wear socks when doing this exercise to avoid ice burns.

3- Apply Topricin cream

Massage your feet and heels with the Topricin cream that you purchased from our office store 3 to 4 times a day especially when you have pain.

4- Stretch

3 times a day you should stretch your Achilles tendon and bottom of your feet. Stretching exercise instructions can be found on our stretching exercise page.

5- Avoid all sports for the duration of your treatment with Dr. Haro