

# Treatment of plantar fasciitis

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## PHASE ONE:

- Rest (alternative exercises\*) / stretching\*
- Orthotic arch support \*\*
- No barefoot walking or standing
- Night splint
- KT taping
- Elevated heel shoes



- ## PHASE TWO:
- Cortisone injection (3 of them, a month apart)
  - Cast boot
  - Physical therapy



**Disneyland treatments:**  
Ice / Ibuprofen\*



**Z-Coil Shoe**



**PHASE THREE:** Endoscopic plantar fasciotomy / shockwave treatment / dry needling / Tenex

Predicted duration of treatment:

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\* means there's another handout for this!

\*\* Superfeet (green), Cadence EX, Prolab prefab or Custom mold devices.