

## SHOE SELECTION

Seigel's by SoleScience offers a wide variety of performance footwear ranging from athletic and casual shoes to sandals and hiking boots. At your assessment, your SoleScience Pedorthist provided you with special footwear recommendations based on your foot type, lower limb mechanics and activity. As footwear specialists, we know that proper footwear selection and fit is essential to maintaining comfort and relieving painful symptoms caused by plantar fasciitis. Come by the store, we'd love to see you there.

### Factors we take into consideration when selecting footwear:

- Fitting your foot to the shoe (length, width, depth)
- Fitting the shoe to the activity
- Making sure your footwear has the proper cushioning/stability features
- Fitting the orthotic to the shoe
- Socks

Visit [solescience.ca/performance-footwear](http://solescience.ca/performance-footwear) to see our different selection of footwear. Whatever the need, we'll help you find the right shoe.

## TRYING ORTHOTICS

Your orthotics are a tool to help you heal. They place more load in your arch to remove it from the heel. The goal is to get you back to functioning as "normally" as possible, while minimizing compensations and the risk of further injury. Once you receive your orthotics, an adjustment period may be experienced. There is no "X-Y-Z" formula to equal the perfect orthotic for every individual, therefore this period may be different for each patient. If you notice new pain, or increased pain, contact your SoleScience Pedorthist for an adjustment. If, however, your feet are tired and achy by the end of the day, we advise that you break your orthotics in slower by alternating the orthotic with the shoes original insole. If you don't love your new orthotics by day 7, call us for an appointment.

Progress can be slow with plantar fasciitis, but you still want to see week by week improvement in pain. Keep track of how your feet feel on a weekly basis with this chart. The information can be helpful to both yourself, and your healthcare provider (please bring it back at your follow up).

WEEK #	MORNING PAIN									
1	1	2	3	4	5	6	7	8	9	10
2	1	2	3	4	5	6	7	8	9	10
3	1	2	3	4	5	6	7	8	9	10
4	1	2	3	4	5	6	7	8	9	10
5	1	2	3	4	5	6	7	8	9	10
	MINIMAL					EXTREME				

## AT YOUR PICK UP BRING...

- Your footwear
- Insurance information

## WANT MORE INFO?

Ask us about **The Plantar Fasciitis Plan**. This is a great patient resource that examines current findings regarding plantar fasciitis. From causes and symptoms, to in-depth treatment options and prevention. **The Plantar Fasciitis Plan** provides patients with a tremendous amount of applicable information to help you get back on your feet and doing the things you love.

## QUESTIONS?

If you have questions about any of the steps involved in the **REST** protocol or would like more information, be sure to ask your SoleScience Pedorthist at your next appointment.

### LONDON AND AREA

Local 519-451-SOLE (7653)  
Toll Free 1-844-337-7653  
[admin@solescience.ca](mailto:admin@solescience.ca)

### SEIGEL'S BY SOLESCIENCE

627 Maitland Street  
London, Ontario  
Phone 519-452-9994  
[shop@solescience.ca](mailto:shop@solescience.ca)

[solescience.ca](http://solescience.ca)

**GETTING PEOPLE BACK  
ON THEIR FEET SINCE 2002**



# PLANTAR FASCIITIS

Free your feet from morning pain

## DO YOU WANT TO FEEL BETTER TOMORROW MORNING? FOLLOW THESE SIMPLE STEPS:

All the information provided follows the **REST** protocol covered in Dr. Dombroski's book, **The Plantar Fasciitis Plan** (available in clinic or on Amazon.ca). Ask your SoleScience Podiatrist about this helpful resource.

### REST PROTOCOL

**Reduce** your morning pain as much as possible

**Evaluate**, modify or eliminate the activity that makes your pain worse

**Shoes** that are appropriate for all activities and help with pain relief

**Try** to reduce compensations and the likelihood of secondary injuries with orthotic solutions

Reducing your morning pain as much as possible begins with stretches before your feet even touch the ground.

### REDUCING YOUR PAIN

Begin by implementing the following simple, yet effective stretches. These will help to warm up the musculature and break up the painful half-healing/re-tearing cycle that has been contributing to your painful symptoms.

To see these in action visit [solescience.ca](http://solescience.ca)

### ANKLE ALPHABET

- sit on the edge of your bed with your leg outstretched and knee straight
- draw slow, controlled circles with your foot, as if you were "writing" the alphabet
- then, slowly "write" the alphabet with your foot

This exercise will help to warm up the musculature on the outside and inside portions of your ankle.



### TOE EXTENSIONS

- sit on the edge of your bed
- place the affected foot across the opposite knee
- cup your heel with one hand and grab the toes with the other
- pull your toes toward your shin until you feel a light stretch within you arch
- hold that stretch for 10-15 seconds, rest, then repeat 5 times



### SEATED CALF STRETCH

- sit on the edge of the bed with the affected leg outstretched
- hook a belt or towel around your toes and use it to pull your foot toward you while keeping the knee straight
- hold for 30 seconds
- repeat on both sides. If you feel any pain in the knee, slightly release the tension



### ARCH MASSAGE

- sit on the edge of your bed with your feet flat on the floor
- place a tennis ball, hockey ball or soup can under the affected foot
- starting at the heel, roll your foot over the ball while pushing downward
- continue this motion for one minute



**IMPORTANT** – After the exercises, put on a pair of well supported running shoes before you take your first steps.

### EVALUATE & MODIFY YOUR ACTIVITY

The goal of this step is to stay active, but make sure you're not making your pain worse.

There are two rules to this part of the **REST** protocol:

- 1 DO NOT** do anything that makes the pain worse during or after activity
- 2** See rule number 1

If the pain is present while being active, we advise that the activity be decreased or removed while you recover.

One position that should be **eliminated** from your daily activities is anything that extends your toes back with weight on top of them (pictured below).



We want you to stay active while healing. There are some great recommendations for modifying your activities that can be found in **The Plantar Fasciitis Plan**.