



Ability. Restored.
SoleScience™

CUSTOM FOOT ORTHOTICS, COMPRESSION, BRACING AND EDUCATION

**Comfortable orthotics
made in days, not weeks,
that last for years.**

LONDON AND AREA
Local 519-451-SOLE(7653)
Toll Free 1-844-337-7653
Toll Free Fax 1-866-424-3756
admin@solescience.ca



solescience.ca

Getting people back on their feet since 2002

PLANTAR FASCIITIS

#1 CAUSE OF HEEL PAIN



WHAT IS IT?

The inflammation of the thick band of tissue that connects the heel bone to the toes.

RISK FACTORS



↑ BMI
Pregnancy



↑ Time
Weightbearing

High/Low
Arch



Runner



Improper/
Well Worn
Footwear



Limited
Flexibility

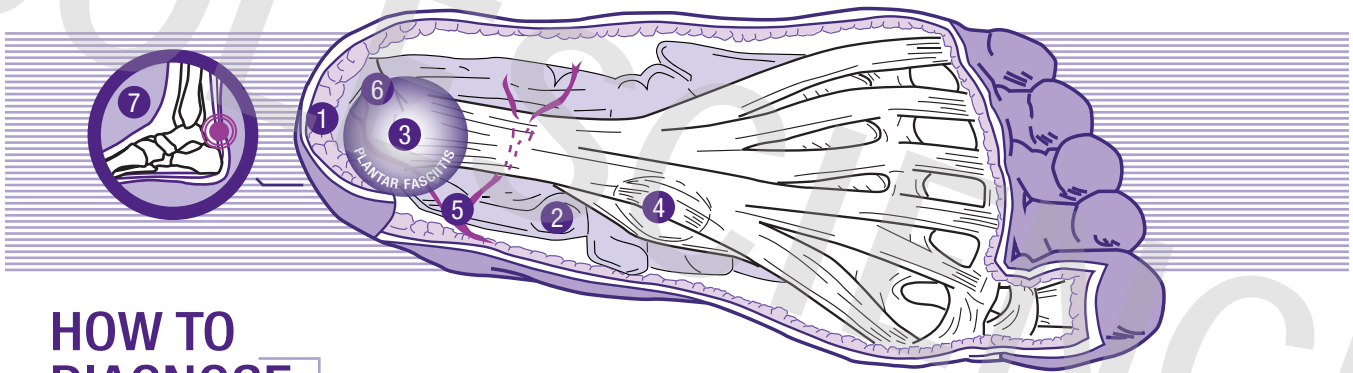
AT GREATER
RISK

40-60
age



DIFFERENTIAL DX

- 1 Fat Pad Atrophy
- 2 Tibialis Posterior Insertional Tendinosis
- 3 Heel Spur
- 4 Fibroma
- 5 Nerve Entrapment
- 6 Calcaneal Fx
- 7 Achilles Tendinopathy



HOW TO DIAGNOSE

Presence of risk factors plus...



Pain
after sitting



Noticeable heel pain
with 1st steps



Painful
palpation

TREATMENT OPTIONS



Stretching



Taping



Soft Tissue
Mobilization



Orthoses



Night Splint



Shockwave

MODALITIES

Footwear Education
OTC Orthotic
Stretching
Icing
Taping

Stage 1

+

Custom Foot Orthoses
Night Splints
Physiotherapy
Massage

Stage 2

+

Shockwave Therapy
Injections (cortisone, PRP)
Surgery

Stage 3

*It is important that the treatment process begins at Stage 1.

For more information, please visit www.solescience.ca/injury-locator