



# South Florida Institute of Sports Medicine™

Foot, Ankle & Leg Specialists of South Florida, Inc.

PODIATRY • ORTHOPEDICS • REHABILITATION

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## Children's Foot, Ankle & Leg Deformities

Flat Feet in Adults & Children

Gait Disturbances

- In-toe
- Out-toe
- Toe Walkers

Fracture Care  
Foot, Ankle & Leg

Total Ankle & Big Toe  
Joint Replacements

Reconstructive Foot,  
Ankle & Leg Surgery

Sports Injuries

Heel & Arch Pain

Arthroscopic Foot &  
Ankle Surgery

Achilles Tendon  
Treatments

- Ruptures
- Tendonitis

Bunion Correction

Hammertoe Correction

Ligament Injuries  
Ankle & Lisfranc

Reconstructive  
Joint Surgery

Arthritis Surgery

Skin Surgery

Toenail Surgery

Diabetic Foot Care &  
Charcot Reconstruction

- Nerve Injuries
- Neuromas
- Tarsal Tunnel
- Entrapments

## Plantar Fasciitis Treatment Plan

### You Should Avoid

- Poor shoe gear (flat or worn-out shoes, slippers) or walking barefoot for prolonged periods, including around the house.
- Standing or walking on hard surfaces for a prolonged period.
- Taking the stairs, uphill walking on a treadmill.
- Elliptical machine and stair master, calf raises or lunges.
- Zumba-type classes that make you go up and down frequently.
- Excessive activity over a short period, Pilates or yoga.
- Jumping rope, box jumps or other plyometric exercises.
- Abdominal planks and push up position exercises.



An inflammation of the main ligament in the arch where it attaches to the heel bone and supports the foot.

### Shoes to Wear

- Supportive shoes where the heel is higher than the toe.
- Shoes with a rigid counter and minimal toe bend.
- The front of the shoe should not be able to bend and touch the heel of the shoe.
- Women can wear high heels (1+ inch) for best results.
- Hoka One One Sandals (men or women) & Fit Flops (women).



### Treatment Options

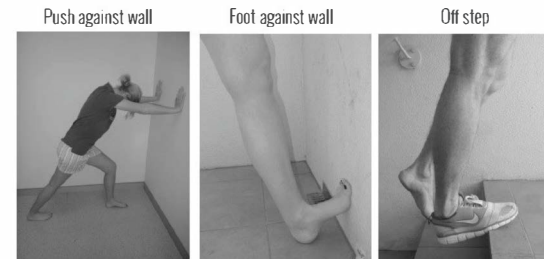
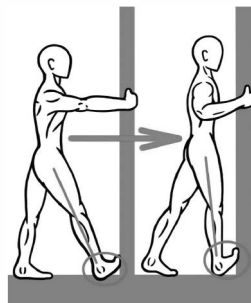
- Anti-inflammatories (prescription or over the counter).
- Cortisone injection for immediate relief.
- Stretching calf muscles.
- Frozen ice water bottle massaging the arch of the foot.
- Night splints to keep calf muscles in optimum position.
- Occasional foot straps and taping.
- If not improved, immobilization in a CAM boot or walking cast.

- If unresponsive, MRI.
- If conservative treatment fails, shockwave therapy or PRP injections.
- If no relief at all, minimally invasive surgery through 2 small 1/8" incisions.

### Icing and Stretching:



**Frozen Water Bottle Rolling**  
10 minutes twice per day



**Hold for 15-30 seconds, then relax**  
**Repeat 15 times per day**

[www.SouthFloridaSportsMedicine.com](http://www.SouthFloridaSportsMedicine.com)

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