

Physical Therapy Prescription

Diagnosis:

Plantar Fasciitis

Foot/Ankle Physical Therapy

- ROM and stretching right and left foot and ankle.
- Eccentric strengthening program for the gastrocnemius-soleus.
- Instruct in home strengthening program to be performed daily using Therabands.
- Home exercise program.
- Whirlpool, ultrasound, iontophoresis, Graston technique, dry needling as needed to plantar fascia insertion and gastroc-soleus complex.
- Modalities PRN. Keep forefoot adducted when stretching.

Frequency/Duration: 2-3 times per week for 6 weeks