Plantar fasciitis self-care checklist

Use these steps from the article to manage plantar fasciitis at home and to know when to get medical help.

- [ ] Do the plantar fascia stretch before standing in the morning: hold 10 seconds, repeat 20 times.
- [ ] Stretch each calf against a wall with the back heel down: hold 10 seconds, repeat 20 times.
- [ ] Roll the foot over a cold water bottle for 20 minutes, 3 to 4 times a day.
- [ ] Swap running for cycling or swimming while the heel is painful.
- [ ] Wear shoes with cushioned heels and arch support, and add insoles or heel pads.
- [ ] Avoid walking barefoot on hard surfaces and avoid flip-flops or backless slippers.
- [ ] Ask a chiropractor to combine hands-on foot and calf work with a stretching plan.
- [ ] See a GP when heel pain has not improved after 2 weeks of self-care.
- [ ] Get medical advice promptly for tingling, numbness, a red or swollen heel, or diabetes with foot pain.
- [ ] Seek urgent advice for severe heel pain that starts after an injury.

Notes

For general education only. Not a substitute for professional medical advice.