



# 9870 2284

Please call if you have any questions or require an appointment

Individual Client Notes

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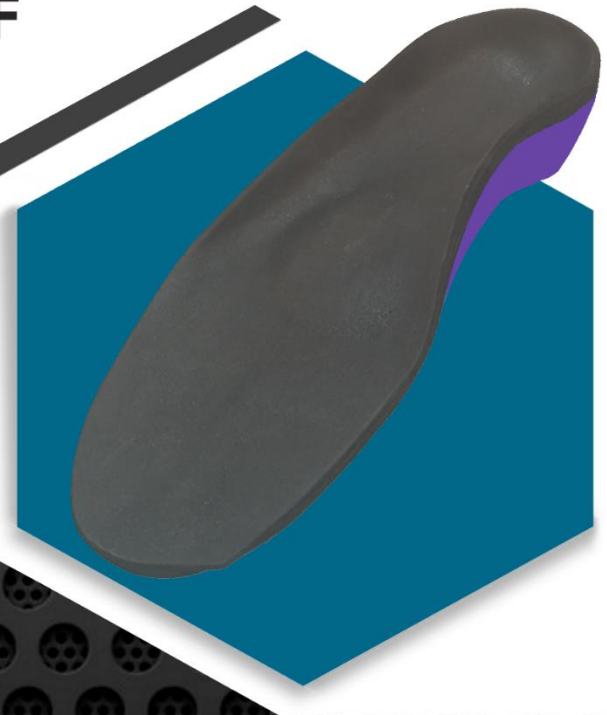


**Costs and invoicing**

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3<sup>rd</sup> party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

*Please call if you are having trouble paying the invoice.*



**It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.**

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# FOOT ORTHOTICS / PLANTARFASCIITIS

This is intended as a source of information for patients, their family and friends. Questions are welcome, so please talk to your Orthotist for further information.

### What is Plantar fasciitis:

Plantar fasciitis is an inflammation of the tough band of tissue that connects your heel bone to the base of your toes. It is where it connects to your heel bone, that there can be stretching, micro tearing and inflammation of this tissue.

- **Plantar = underside (of your foot).**
- **Fascia = tough tissue**
- **itis = inflammation**

Sometimes when the condition has continued for an extended time bone grows along the plantar fascia at the insertion to the heel bone and forms a 'spur.'

### Risk Factors

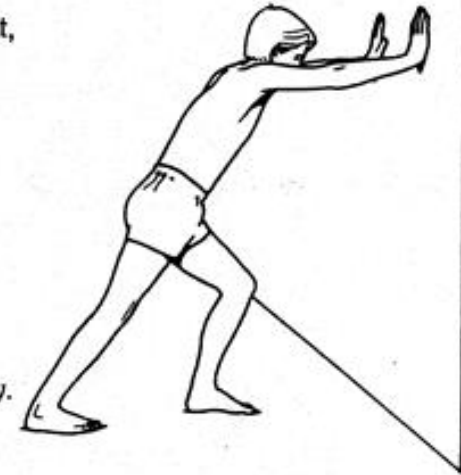
- Being overweight or carrying heavy weights.
- Standing for long periods on hard surfaces.
- Regular running/walking for exercise.
- Tight calf muscles.
- Flat feet or feet with high arches.



### ANKLE/FOOT - 14 Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



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### ANKLE/FOOT - 13 Soleus Stretch

Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



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## Stretching and exercises

Stretching your calf muscles can reduce stresses that contribute to plantar fasciitis. This is essential to help relieve your foot pain.

You can also freeze a plastic bottle of water and roll it under your foot to help reduce the inflammation, massage the plantar fascia and soothe the pain.

Alternatively direct icing onto the area will do.

### ANKLE/FOOT - 12 Plantar Fascia Stretch



Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.

Hold \_\_\_ seconds. Relax. Repeat \_\_\_ times.

Do \_\_\_ sessions per day.

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## How do you know you have it?

You may have:

- Pain under the heel, which is worse when you stand or walk.
- Pain that is worse in the morning initially, or after a long day on your feet.
- Pain that is sharp, like you've just stood on a sharp stone.

## How Foot Orthoses Help:

Foot Orthoses support the bones of your foot and help re-align your foot and ankle. Removing the tension from your plantar fascia and relieving the pain.

## Treatment: It's up to you!

Initially, resting and taking the weight off your feet regularly.

A combination of orthotics and physical therapy usually helps to relieve symptoms.

Supporting the arch with foot orthoses, prevents the arch from collapsing and controls ankle/foot movements. This reduces the stretch on the plantar fascia. Soft material at the heel also reduces

You have been fitted with Foot Orthotics. Correct use is important for the best result and your safety. Please note your orthosis is for **your use only**

### How to put on your Foot Orthotics

It is important that you put your shoes and Foot orthotics on correctly. You should always wear socks. You can wear your Foot Orthotics with different shoes. To put your Foot Orthotics in your shoes:

1. Remove the innersole from your shoe if possible
2. Open your shoe as wide as possible by undoing laces or Velcro
3. Slide your foot orthosis into the appropriate shoe, left in left- right in right
4. Make sure they are sitting flat inside each shoe.

Foot Orthotics should be checked by an Orthotist every 12 months due to the materials compressing and changes in foot shape.

### Problems?

Check your skin regularly. If you feel that your Foot Orthotics are:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.

### Before standing and walking:

Make sure your foot and toes are flat inside your shoes.  
Make sure all straps are done up on your shoes.



### Wearing your Foot Orthotics

It may take some time to get used to wearing your Foot Orthotics and you may notice a change in the way you walk. You should wear your Foot Orthotics in gradually at the start, as a guide start with 1-2 hours per day and increase by 1 hour every day. During this time you may have some minor lower limb aches and pains. It may take 1-2 weeks until you are able to wear your foot orthotics full time.

✓ **Do** check your skin regularly. You may need to use a mirror to see the sole of your feet and check them 2-3 times a day.

✓ **Do** contact your orthotist if you are unable to wear your orthotics all the time after 1 month.

✗ **Do Not** wear un-prescribed bandages, dressings or padding with your Foot Orthotics

✗ **Do Not** make any changes to your Foot Orthotics.

✗ **Do Not** wear your Foot Orthotics **WITHOUT** shoes

✗ **Do Not** get your Foot Orthotics wet

### Cleaning

✓ **Do** wipe your Foot Orthotics using warm soapy water and dry with a towel.

✗ **Do Not** apply direct heat to Foot Orthotics

✗ **Do Not** place your Foot Orthotics in the washing machine or dishwasher.

**Contact Head To Foot Orthotics immediately** if you notice redness, broken skin or increase discomfort