

CHRONIC TREATMENT OF PLANTAR FASCIITIS

A. CONSERVATIVE TREATMENT

- Cortisone Injection
- Stretching
- Taping
- Orthotics (95% Effective)
- Night Splint
- Biofreeze & Deep Massage
- Change in Shoe Gear
- Physical Therapy
- Immobilization (Camwalker)

B. NON INVASIVE ESWT

(EXTRACORPOREAL
SHOCKWARE THERAPY)

- 15 minute in office procedure
- Return to work next day
- No incisions / no bandage
- 85-90% Effective



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