

Plantar Fasciitis

Description of Injury :

Plantar Fasciitis This application was designed to facilitate recovery from heel pain due to plantar fasciitis. Plantar fasciitis is a painful inflammation on the bottom of the foot between the toes and the heel. The application provides an overview of this injury, including general information, assistance with pain control and a treatment approach. Detailed information has been included on how to recover from this problem. Range of motion exercises, strengthening exercises and balance training exercises are provided. A video has been created describing each exercise in detail to help ensure proper form and technique. Over 25 different exercises have been included to help promote a full recovery. This application is not meant to be a substitute for an evaluation by a healthcare professional.