

Will a Night Splint Help My Plantar Fasciitis?

What is the purpose of a night splint?

The idea behind a night splint is for it to apply a gentle stretch to the plantar fascia all night long. The hope is that the fascia will heal in a lengthened position and it will not re-tear when you place weight on your foot in the morning.

The research is overall supportive of using a splint. However, we would suggest you try the advice we have put forth in the first 5 videos or so before getting a night splint. These are our reasons:

1. The stretches and massage recommended in the initial videos of this series are designed to also help the fascia heal in a lengthened position. If they are not working, you can then consider using a night splint.
2. The splints can be bulky, have a poor fit, or can be uncomfortable.
3. Even if you find one that fits well, it may take you awhile to get accustomed to it.
4. When you wear a splint, it may affect the quality of your sleep. A lack of sleep can affect healing.
5. If you are making steady improvement without the splint, you may hold off in getting one. If you have stalled in your progress- you should consider getting one.
6. Too much stretch at night in the foot or toes may make your foot go numb.

Types of Splints:

1. Anterior night splint. Fits on the front of the leg and foot. Some research indicates it works better than a posterior night splint
2. Posterior night splint. Fits on the back of the calf and foot. Tend to be very bulky.
3. Compression socks- they tend to get better reviews but not sure if they
4. Plantar fasciitis night sock. People seem like they have trouble with the fit, but the idea is sound.

We have a link below in the description to amazon in order for you to research which splint may be right for you. So many people have trouble with size and comfort that we do not want to make a recommendation. Look at the reviews and decide for yourself.