

Returning to Activities After Plantar Fasciitis

The key to returning to activities is to do so GRADUALLY. Your muscles have become weakened after a long period of inactivity and will not tolerate an abrupt increase in exercise, walking, running, and the like. You are at a high risk of reinjury if you do too much too fast.

1. Use proper footwear and arch support insoles.
2. Make sure you are tuned into how your body feels. Some soreness is acceptable- pain is not. Be cautious.
3. Try alternatives: Bike riding and swimming are fine if you have plantar fasciitis.
4. When the pain finally goes away you need to return to activities GRADUALLY. To go from a 10-minute walk to a two-hour hike is certain to bring back your pain.
5. For return to running. Try walking- then walk-run- then just running over a several day period. No more than a 10 percent increase from one day to the next walking or running.