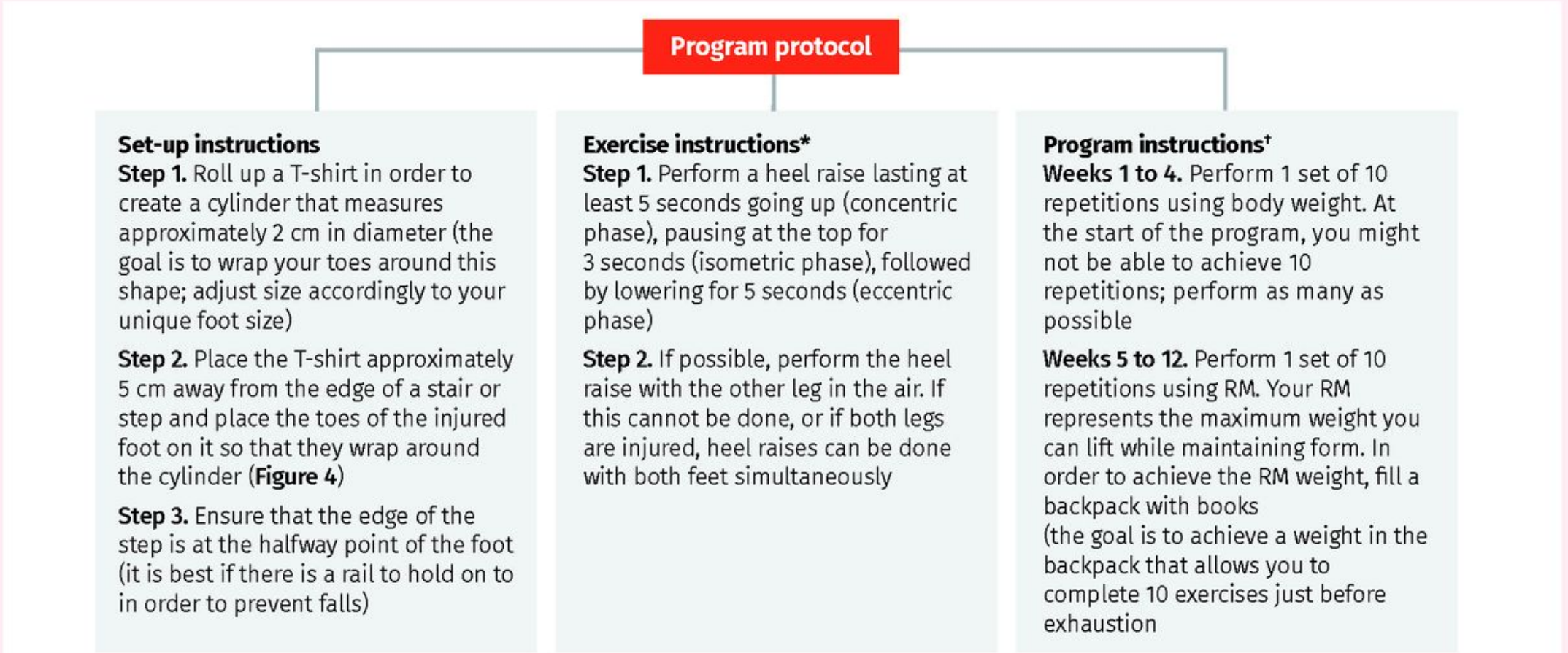


Figure 3. Muscle-strengthening program to treat plantar fasciitis: *Patient instructions.*



RM—repetition maximum.

*Remember that it will hurt to do the exercises. “Good pain” occurs when it hurts to do the exercise but the next day the pain is not worse. “Bad pain” is pain that increases the day after treatment. If you experience “bad pain,” you might have to cut back on the number of repetitions or the amount of weight used.

†Use the progress sheet as a resource to record your heel-raise exercises.

Figure 4. Unilateral heel raises with a rolled-up T-shirt

