

## Plantar Fasciitis/Foot Icing & Product Information Sheet

The application of both ice and heat can be very helpful for relief of sore feet/ankles and symptoms of plantar fasciitis. These are some general tips to follow:

- An ice pack or bag of ice wrapped in a towel can be applied to the heel or bottom of the foot for fifteen to twenty minutes at a time for three to four times a day to help relieve inflammation.
- You may want to elevate the foot on a few pillows, which is especially helpful when sleeping.
- You could also use an ice cup by filling a paper cup with water, freezing it, then peeling a top layer of the cup away exposing the ice on the tip, and using that to rub all over the foot with particular attention to the fascia on the bottom of the foot and the heel.
- Another way to do this is to use a frozen water bottle and roll the bottom of the foot across it with a firm pressure.
- Alternatively, another option is to try an ice soak. Fill a shallow pan with water and ice and soak your heel (keeping your toes out of the water) in it for ten to fifteen minutes a few times a day.
- A variety of topical ointments, creams, and gels can provide some relief from the symptoms associated with plantar fasciitis and similar foot pain. Two products that we recommend and use in our Plantar Fasciitis/Foot Treatment are Prossage Heat and Biofreeze Gel. Prossage Heat is a heating emollient. Apply a small amount in your palm, rub hands together to activate the heating element, and gently rub or massage into the foot for deep muscle relief. Prossage products are available at [Amazon](#) and a variety of other therapeutic product sellers. Biofreeze is a cooling Gel which also targets deep muscles for instant pain relief. A full line of the Biofreeze products can be found at their website, <https://biofreeze.com> and on Amazon.