

Plantar Fascial Rupture

Waconia Office
560 South Maple St.
Suite 200
Waconia, MN 55387
Phone: 952-442-2163
Fax : 952-442-5903

Chaska Office
212 Medical Center
111 Hundertmark Rd.
Suite 460
Chaska, MN 55318
Phone: 952-456-7400
Fax: 952-456-7401

Gary E. Wyard, M.D.
Mark E. Friedland, M.D.
Robert M. Barnett, Jr., M.D.
Christopher P. Meyer, M.D.
Jeffrey J. Mair, D.O.
Daniel J. Marek, M.D.
Scott M. Holthusen, M.D.
Peter C. Sanders, M.D.

Sommer Vaughan, PA-C
Erin Maguire, PA-C
Nicole Hicks, PA-C
Mitch Fogal, PA-C
Joanne Kockelman, CPT

Initial eval:

- Immobilize in boot, No weight bearing
- Superfeet if needed
- PT to do modalities to decrease pain
 - U/S
 - Massage
 - Etc.
- 1-3 weeks

Begin WBAT in boot when no pain at rest (or with passive extension of toes).

- Continue PT
- Gastroc stretching
- ROM
- Strengthening as tolerated
- 1-3 weeks

Transition out of boot when WBAT in boot pain free x 1 week

- Begin increasing activity
 - Cycling
 - Low impact
 - Running
- Orthotics as needed

Return to sport as tolerated