



Plantar Fasciitis Treatment

- **Healing**
- **Strengthening**
- **Future Prevention**

- **BONUS Material...**
 - **Daily Treatment Log – Phases 1 and 2**
 - **Mental Approach to Treating Your Injury**
 - **Foods, Liquids, and Tension**



By Brent Abel
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Plantar Fasciitis Treatment By Brent Abel

Thank you for your interest and I'm looking forward to helping you heal your plantar fasciitis injury and prevent future occurrences.

IMPORTANT DISCLOSURE: PLEASE READ THIS FIRST...

My insurance carrier and my business attorney have requested that I disclose the following to you.

I am NOT a medically trained or certified doctor.

I have taught tennis for over 35 years, and my recommendations to you are based on what I've observed as a tennis professional and tournament player that have been effective for tennis players, athletes, and others over the course of my professional tennis teaching and competitive tennis tournament career.

If you feel you should consult with a doctor or a trusted medical professional, please do.



I do not make any claims nor do I guarantee that my methods will work for you. However, I certainly guarantee your satisfaction with my treatment product, in that, if for any reason you are not pleased with your purchase, then let me know and I will promptly refund 100% of your purchase price.

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Thank you for your cooperation.



Table of Contents

Getting Started [Click here](#)

Phase 1 – Reducing Inflammation [Click here](#)

Phase 1 – Daily Log [Click here](#)

Phase 2 – Strengthening [Click here](#)

Phase 2 – Daily Log [Click here](#)

Phase 3 – Future Injury Prevention [Click here](#)

Speed Up Your Healing Time [Click here](#)

Foods, Liquids, & Associated Tension [Click here](#)

Brent's Recommended Treatment Aids
Make sure you have an open internet connection, then [Click here](#)

- Ankle Wrap
- Passive Night Splint
- Step Stretch
- Stretch-Rite Trainer
- Plantar Fasciitis Kit
- Jon Benson's "Simply Eat"





Plantar Fasciitis – Quick Start Guide

Brent's Recommended Plantar Fascia Treatment Aids – [Click here](#)

Make sure you have the following items before you start your treatment sessions.

- Ankle wrap or support
- Dixie cups for icing or ice cube
- Warm washcloth or heating pad
- Towel or stretching aid
- Golf ball or small massage roller
- **Save this PDF file to your computer and print this document for future reference.**
 - Click *File* up above and to your left on this PDF file (not your browser's File), then click *Save As*, and then save this PDF document to your computer. Remember where you saved it...!

Wear your ankle wrap or support throughout the day. Make sure you do not get too tight of a fit. Your support should feel comfortable and should never feel tight. This aid is not to give your ankle "support", but to help train your fascia to stay stretched out. ***If you have diabetes or any form of poor blood circulation, be sure to check with your doctor first.***

There are 3 phases for your injury treatment: reducing inflammation, strengthening, and future injury prevention. I cannot tell you exactly how long Phases 1 and 2 will take you to complete. It is different for everyone depending on a number of factors.

However, there are 2 vital aspects to my program that will dramatically speed up your healing time.

First, this is a daily process. The process requires several sessions per day, and the folks who have the most success with my methods completely commit to making the necessary time for the process.

And secondly, negative thinking, feeling sorry for yourself, and any form of pessimism can stop your healing process. Get your positive mindset going right now. This is crucial.

In fact, the steps you are taking to treat your injury can not only help you physically repair plantar fasciitis, but you may also benefit by being honest and learning why it is you now have this injury.

Except with professional athletes, rarely are plantar fasciitis injuries traumatic events (like a freak accident). This injury is normally associated with either being overweight, over training, poor technique, tension and stress in one's life, and other emotional and psychological contributing factors over the course of a period of time.

As you treat your injury, use this time to evaluate how you got here. Be honest and consider in a positive way that this injury may be just the motivator you need to make any necessary changes in your life.

And finally, when you are not involved in one of your treatment sessions, from time to time throughout the day when you are alone, tell yourself that this injury treatment time in your life is a positive experience. Visualize yourself doing that activity you most love and you will soon get there...!



Phase 1 – Reducing Inflammation

OK, our very first order of business is to get any inflammation knocked out. That is the pain you feel. The inflammation is normally associated with the connection your fascia makes to your heel bone.

We're going to reduce the "pull", the strain, on your fascia by stretching out the small arch muscles and your calf muscle.

Once your fascia can relax enough from the tension from the inflammation, it'll be able to quickly heal, eliminate its inflammation, and you'll start feeling less pain and relief. Yes...!

To reduce inflammation, we need to provide your fascia with a healing environment. To do so, we'll focus on getting your arch and calf muscles *progressively* more and more stretched out and you'll stretch often enough to keep those muscles stretched out throughout the day.

Depending on your condition, as I mentioned above, *progressively* means that it may take a week or longer just to be able to get you into a full stretch. So, each day your goal will be to get a little more stretched out than the day before.

You will very likely feel some muscle soreness from the active stretching routines. This is normal.

After a few days, any muscle soreness should dissipate.

Muscle soreness is different than your plantar fasciitis injury pain.

The key in Phase 1 is to **maintain** a stretched out state in your arch and calf throughout the day.

I have two treatment routines you will use throughout the day.

I recommend you diligently make the time to be able to incorporate both routines. The more you keep your arch and calf continuously stretched out throughout the day, the sooner your fascia inflammation will heal, the faster you'll be able to get rid of the pain, and get the sooner you'll return to your favorite activity pain free.

The first routine is for when you can devote approximately 10 uninterrupted minutes in a quiet private space. This could be at work, but more likely, you'll be able to devote those 10 minutes in a quiet place while at home.

The second option is a 2 minute stretch that you can do anywhere. Home, work, out and about, literally anywhere...

And yes, we will use some ice to help reduce inflammation, but only for a short amount of time, and the ice will only be applied directly on top of your point of pain, not applied anywhere near those muscles you've spent all day getting stretched out.



Routine #1: 10 uninterrupted minutes in a quiet place.

- Listening to “easy listening”, smooth, etc. music will help you relax. Headphones are OK.
- **Do these stretches in bare feet or in socks.** No shoes or ankle / arch support. Stop if you feel pain.
- Have ready: Stretching aid such as a towel or Stretch-Rite strap; ice (Dixie cup or

Minute #1 Visualize: Sit in a comfortable position either on the floor or in a chair with good posture (your back should be comfortably straight), not slouching, close your eyes, take 3 deep breaths by expanding your stomach out (not short breaths from your chest), and after those 3 breaths, visualize the activity you most want to get back to once your Plantar Fascia injury is completely healed.

First, visualize that activity as if you’re watching a video of yourself for approximately 20 seconds, and then secondly, visualize yourself doing that activity, “feeling” yourself performing that activity for 20 seconds. Take 3 deep breaths from your stomach to complete the 1 minute. Eyes are closed throughout.

Minute #2 Warm-up: Stand up and walk around gently & slowly (remember, you are not wearing any support, so do not walk quickly, quick knee bends, jump, etc.) or walk in place while shaking out your arms and allowing your head to gently stretch from side to side.

Minute #3 Self Massage: Apply your warm washcloth or heating pad against your calf muscle, Achilles heel area, & ball of your foot (not over the point of pain), and gently massage or have someone help you with the massage. Do 30 seconds on each leg.

Minute #4 Stretch #1: With your hands placed against a wall, place the ball of your foot against a wall with your heel on the floor. Place your other foot approximately 2 feet away from the wall. Slowly move closer to the wall as you stretch your foot and calf muscle. Hold for 15 seconds and repeat on the other leg for 15 seconds. Repeat both legs one more time.

Minute #5 Stretch #2: Sit on the floor with your legs straightened out in front of you. Take your towel or stretching aid and place it under the ball of your foot as you hold onto the ends of the towel or stretching aid. With your leg straight, gently and slowly pull the towel / stretching aid back towards you so that your foot and calf are being stretched. Hold for 15 seconds. Repeat on the other leg for 15 seconds. Repeat both legs one more time.

Minute #6 Stretch #3: Sit on a chair or a couch with good posture, and using either a small massage roller or golf ball, massage only the small muscles in and around the ball of your foot, not over the point of pain.

Minute #7 Stretch #2: Repeat as described above in **Minute #5**

Minute #8 Ice Massage: Ice massage only on the point of pain in a small circular motion, not on the muscles around the point of pain. Do not ice for more than 1 minute.

Minute #9 Visualize: Repeat as described above in **Minute #1** (Don't skip this step)

Use the Daily Log to track your treatment activity



Routine #2: 2 minutes anywhere.

- I do this simple routine probably 15-20 times a day now. It took me awhile to actually remember to do it, but it's a habit now, and my legs have never felt better. Try to remember to do this routine a minimum of 5 times a day.
- The payoff is huge because this short 2 minute activity is the key to help keep your feet and calves stretched out.
- This routine assumes you're already relatively warmed up. If you've been sitting at a desk or somewhere for an hour or more, get up and walk either in place or around for a minute first.
- No aids or icing required.

Minute #1:

20 seconds: In a standing position, balance yourself by placing one hand on a stationary object and stretch your left foot.

20 seconds: Stretch your left hamstring.

20 seconds: Stretch your left calf.

Minute #2:

Repeat for your right leg.

Throughout the day

Stretch your feet.

If you're sitting at work, at home, at the game, in the restaurant, at Aunt Edna's house, anywhere, whether you're sitting or standing, take about 20 seconds and stretch your feet to help maintain your stretch.



Plantar Fasciitis Treatment

by Brent Abel
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How to Quickly & Permanently End Your Plantar Fasciitis Pain

Phase 1 – Reducing Inflammation Activity Log

Write the number of times you do each routine next to each day.
An ideal day is a minimum of 3 Routine #1s and 5 Routine #2s.

Name: _____ Day #1 Date: _____

<u>Day #</u>	<u>Routine #1</u>	<u>Routine #2</u>
An Ideal Day:	3	5
Day 1:	_____	_____
Day 2:	_____	_____
Day 3:	_____	_____
Day 4:	_____	_____
Day 5:	_____	_____
Day 6:	_____	_____
Day 7:	_____	_____
Day 8:	_____	_____
Day 9:	_____	_____
Day 10:	_____	_____
Day 11:	_____	_____
Day 12:	_____	_____
Day 13:	_____	_____
Day 14:	_____	_____

You are ready to try Phase 2 – Strengthening once you have felt no pain for two days in a row.



Phase 2 – Strengthening

Brent's Recommended Plantar Fascia Treatment Aids – [Click here](#)

When you first start Phase 2, if you feel any pain, you are not yet ready for Phase 2, and you need to continue with Phase 1 – Reducing Inflammation.

Do these exercises in bare feet or in socks. No shoes or ankle / arch support. Stop if you feel pain.

Minute #1 Visualize: Sit in a comfortable position either on the floor or in a chair with good posture (your back should be comfortably straight), not slouching, close your eyes, take 3 deep breaths by expanding your stomach out (not short breaths from your chest), and after those 3 breaths, visualize the activity you most want to get back to once your Plantar Fascia injury is completely healed.

First, visualize that activity as if you're watching a video of yourself for approximately 20 seconds, and then secondly, visualize yourself doing that activity, "feeling" yourself performing that activity for 20 seconds. Take 3 deep breaths from your stomach to complete the 1 minute. Eyes are closed throughout.

Minute #2 Warm-up: Stand up and walk around gently & slowly (remember, you are not wearing any support, so do not walk quickly, quick knee bends, jump, etc.) or walk in place while shaking out your arms and allowing your head to gently stretch from side to side.

Minute #3 Self Massage: Apply your warm washcloth or heating pad against your calf muscle and gently massage or have someone help you with the massage. Do 30 seconds on each leg.

Minute #4 Stretch #1: With your hands placed against a wall, place the ball of your foot against a wall with your heel on the floor. Place your other foot approximately 2 feet away from the wall. Slowly move closer to the wall as you stretch your foot and calf muscle. Hold for 15 seconds and repeat on the other leg for 15 seconds. Repeat both legs one more time.

Minute #5 Stretch #2: Sit on the floor with your legs straightened out in front of you. Take your towel or stretching aid and place it under the ball of your foot as you hold onto the ends of the towel or stretching aid. With your leg straight, gently and slowly pull the towel / stretching aid back towards you so that your foot and calf are being stretched. Hold for 15 seconds. Repeat on the other leg for 15 seconds. Repeat both legs one more time.

Minute #6 Strengthen #1: With your hands against a wall, stand straight, bend one knee so that foot is off of the ground, and then slowly and smoothly step up onto your toes with the other foot so that heel is off of the floor. Hold for 15 seconds. Repeat on the other leg for 15 seconds. Repeat both legs one more time.

Minute #7 Strengthen #2: With your arms bent slightly out to your side, bend one knee so that foot is off of the ground, and then hold your balance on top of your other foot (keep it flat on the floor). Hold for 15 seconds. Repeat on the other leg for 15 seconds. Repeat both legs one more time.

Minute #8 Stretch #1: Repeat as described above in **Minute #4**

Minute #9 Stretch #2: Repeat as described above in **Minute #5**

Minute #10 Ice Massage: Only if you feel pain, ice massage only on the point of pain in a small circular motion, not on the muscles around the point of pain. Do not ice for more than 1 minute.

Minute #11 Visualize: Repeat as described above in **Minute #1**



Phase 2 – Strengthening Activity Log

Brent’s Recommended Plantar Fascia Treatment Aids – [Click here](#)

**Place a check mark next to each Phase 2 session you do on a daily basis.
Do a minimum of 3 sessions per day.**

Name: _____ Day #1 Date: _____

Day 1 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 2 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 3 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 4 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 5 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 6 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 7 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 8 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 9 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 10 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 11 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 12 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 13 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 14 Sessions: 1___ 2___ 3___ 4___ 5___ 6___

Day 15 Sessions: 1___ 2___ 3___ 4___ 5___ 6___



Phase 3 – Future Injury Prevention

Brent's Recommended Plantar Fascia Treatment Aids – [Click here](#)

Once you have completed Phase 2 – Strengthening, you are ready to resume normal activity. However, be sure to gradually work yourself back into any strenuous activity such as a sport.

Even though your plantar fascia injury is now healed, start slowly if you are involved in any strenuous sport, hobby, or work related activity.

Continue to stretch 3 times per day as described in Phase 1 – Healing. Be sure that one of those stretching sessions is immediately after any strenuous activity.

Do Phase 2 – Strengthen twice per week. Ice massage after if you feel any pain.

For the first 2 weeks in this Phase 3 – Future Prevention, ice massage after any strenuous activity. After 2 weeks, ice massage whenever you feel any pain.

This is a daily commitment to prevent another injury. A few minutes here and there and will go a long way to keeping you free of injury and enjoy being pain free.

Just because you don't feel any pain does not mean that you should stop stretching and strengthening.

Good luck and be sure to let me know if you have a question.

Brent Abel
brent@webtennis.net

Other Injury Treatments by Brent

Tennis Elbow	www.webtennis.net/Tennis-Elbow.htm
Golfer's Elbow	www.webtennis.net/Golfers-Elbow.htm
Rotator Cuff	www.webtennis.net/Rotator-Cuff.htm
Patellar Tendonitis	www.webtennis.net/Patellar-Tendonitis.htm
Plantar Fasciitis	www.webtennis.net/Plantar-Fasciitis.htm



Speed Up Your Healing Time

One Step Past the Power of Positive Thinking – Visualization

The very first thing you should do as you're getting organized to properly treat any injury is to set up a positive "healing environment".

The keys to a good healing environment are:

- to have a specific detailed injury treatment plan outline,
- to have any necessary treatment aids available to you,
- to fully commit to the necessary time needed each day for your treatment sessions,
- to avoid foods and liquids that cause physical and emotional tension / stress (coffee, anything with caffeine, sodas, too much sugar, too much alcohol, etc.) and to eat as healthy a diet as possible,
- to "visualize" the specific activity you want to get back to once your injury has healed,
- and to avoid any negative thinking or "self-talk" about your injury by practicing positive self-talk throughout the day.

It's so easy to get "down" when we have an injury. Anger, feeling sorry for ourselves, and any form of negative thinking is a major barrier in our ability to treat and properly recover from any injury.

Rather than just telling you to stay positive, I have a specific routine that I highly recommend you go through throughout the day.

First, at the beginning and at the end of each of your treatment sessions, whether or not you're in the healing or strengthening phase, take one minute to do the following:

- Sit on the floor or in a chair in a comfortable position with good posture (no slouching),
 - close your eyes,
 - take 3 deep breaths by expanding your stomach to breathe (not short breaths from your chest) and slowly exhale
 - take 20 seconds to visualize a favorite activity that you want to get back to once your injury is completely healed.
 - During this first 20 seconds, see yourself doing that favorite activity as if you're watching a video of yourself. You're a spectator.
 - take 3 deep breaths
 - for the next 20 seconds, visualize that same activity, but this time visualize yourself as if you're in that activity. Try to "feel" what it's like as you're doing that activity.
 - and then take 3 deep breaths to finish.

Again, do this 1 minute visualization exercise before and after each of your treatment sessions.

And throughout your day, if you have any negative thoughts about your injury, simply tell yourself that your "intention" is to treat your injury properly, that you will be healed soon, and that you will be _____ (fill in your favorite activity) soon.



Even if you don't have negative thoughts about your injury, take 15 seconds to state your intention throughout the day. Write it down once a day. Positively commit to your recovery...

Remember, most injuries are not traumatic, you know, sort of a freak accident.

Most injuries are from repetitive stress. Poor technique, worn out shoes, overweight, tension and stress, the list goes on and on...

Consider this time you have now, as you treat your injury, as an opportunity to be honest about how you got here.

What was the true cause of your injury...?

Are there any changes you could make in your life that would not only help you treat your current injury, but just as important, are there any changes you can make that will help you prevent this and other injuries from occurring in your future.

Think about it...

Good luck out there. Stay positive. You're going to take care of this injury and you'll soon get back to your favorite activity...!

Brent



Foods, Liquids, & Tension...

This isn't rocket science here...

Think about this. Your body wants to heal your injury. Your body isn't fighting you, in fact, your body knows precisely what to do, if you'll allow it to happen.

If anything, you are probably fighting your own body in its healing process.

And besides all of the physical and mental activities you're doing to help your body do what it wants to do to heal your injury, your body would absolutely love it if you weren't tense, stressed out, angry, anxious, etc.

You know what I mean, your body wants you to relax and allow your injury to get healed.

We've discussed the power of being proactively positive throughout your treatment. That in itself will help you stay calmer, more relaxed, and more focused on where it is you eventually want to go with this injury.

Back to your favorite sport, hobby, whatever...

Some foods and liquids can make it really hard for your mind and body to maintain a nice even emotional keel throughout the day as you go through the treatment process.

Coffee, caffeinated drinks, chocolate, too much sugar, sodas, candy, too much alcohol, etc., etc., etc....

You get the picture. Think about the things you put into your body each and everyday. Is anything you're consuming going to possibly get in the way of you staying calm and positive throughout the day...?

You know what those things are...

The key here is to eliminate tension in your mind and body. Good nutrition is one way to help your body stay energized naturally where that energy is not producing tension.

I'm not promoting a diet here, and I'm not telling you to eat a specific way, but be smart, the last thing your body needs during your healing process is any extra tension and stress caused by certain foods / drinks or over consuming just about anything. If you want expert help on nutrition, please visit Jon Benson's "Simply Eat" website at <http://webtennis.aysbevo.hop.clickbank.net>

Get some rest, try to get a good night's sleep, try to figure out why your body wants you to participate in a mind and body team effort to help with your injury.

Brent