



Plantar Fasciitis Visit 2

History - MA

Vitals

CC: Heel Pain followup

BP

Respirations

Pulse

Ask if there is any change in medications or health status

All better

Continue exercises

Discontinue NSAIDs

Discuss custom orthotics

Addresses the cause of plantar fasciitis and prevents its return

Deposit medication where the inflammation is

Some better

Cortisone injection

3 cc syringe 25 gauge 1.25 inch needle
.75 cc 1% Lidocaine plain .75 cc Marcaine
1cc Celestone

Continue NSAID

Continues improvement

Strapping

Takes the pressure off of the ligament while the injection works

Night Splint

Maintains a stretch on the ligament overnight

Follow up in two weeks

Deposit medication where the inflammation is

No better

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