



Plantar Fasciitis Visit 3

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

Address the cause of Plantar fasciitis to prevent return

Deposit medication where the inflammation is

Some better

Cortisone injection #2

3 cc syringe with .75 cc 1% Lidocaine plain
.75 cc Marcaine 1cc Celestone

Continue NSAID

Continues improvement

Strapping

Allows the injection to work better by resting the ligament

Follow up in two weeks

No better

Short leg walker

Immobilize and rest fascia

MRI order

Rule out plantar fascia rupture

Follow up in two weeks