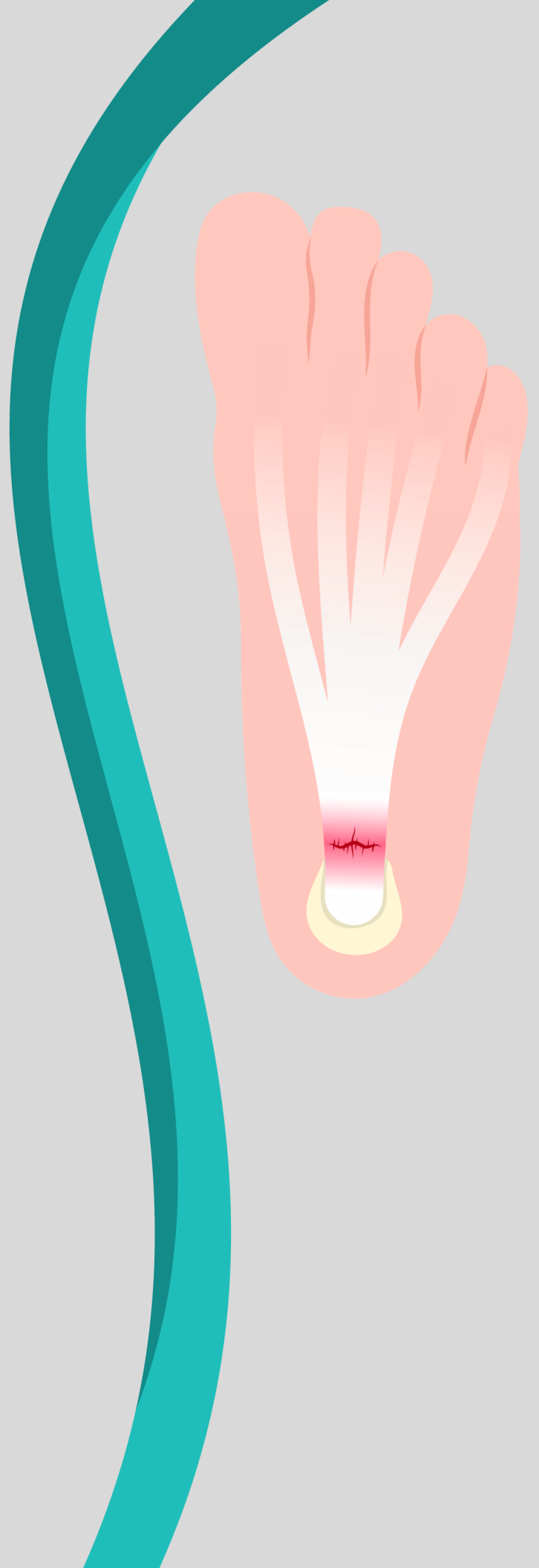


# Plantar Fasciitis Relief Cheat Sheet

**Dr. Ron Daulton, Jr.**



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# Hi, I'm Dr. Ron Daulton, Jr.

I've been a chiropractor in Hammond, Indiana for the past 26 years, and I'm also the author of multiple books, including *Get Your Life Back: The Ultimate Guide to Healing a Herniated Disc*.

I created this PDF to help you reduce your plantar fasciitis pain more quickly.

Whether you're in severe pain right now or just trying to stay ahead of it, you'll find practical steps you can begin today.

We'll keep it simple and step-by-step so you know exactly what to do and when.

## **Consider seeing a healthcare professional if:**

- Pain has lasted more than 4–6 weeks.
- Symptoms are worsening.
- Walking becomes difficult.
- Home care isn't helping.
- Pain radiates into the leg or toes.
- You experience numbness, tingling, or burning sensations.

**Let's get started.**

# If You Need More Help...

## My Clinic:

Hammond Chiropractic Life Center, Inc.  
5716 Hohman Avenue  
Hammond, IN 46320

(219) 932-8900  
[DrDaulton.com](http://DrDaulton.com)



## Video Courses & Books

**GET YOUR LIFE BACK:**  
THE ULTIMATE GUIDE TO HEALING A HERNIATED DISC  
4th Edition  
FAST TRACK PAIN RELIEF & LONG-TERM RECOVERY. YOUR STEP-BY-STEP HERNIATED DISC TREATMENT PLAN  
DR. RON DAULTON, JR.

**THE STEP-BY-STEP HERNIATED DISC RECOVERY ROADMAP**  
THE PROVEN PROTOCOL TO GET ACTIVE AGAIN, WITHOUT WASTING MONEY ON TREATMENTS THAT DON'T WORK

**BALANCE EXERCISES FOR SENIORS MADE SIMPLE**  
EASY 10-MINUTE FALL PREVENTION EXERCISE ROUTINES TO HELP YOU MAINTAIN YOUR INDEPENDENCE AND REDUCE YOUR FEAR OF FALLING.  
DR. RON DAULTON, JR.

**dsbooks.us**

# What Is Plantar Fasciitis?

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Plantar fasciitis is irritation and inflammation of the thick band of tissue on the bottom of the foot called the plantar fascia.

It commonly causes:

- ✓ Sharp pain in the heel when taking the first steps in the morning
- ✓ Pain after sitting for long periods
- ✓ Discomfort when standing or walking for extended periods
- ✓ Tightness in the calf or arch of the foot

The good news is that many people improve with consistent home care.

**It's important to note that sometimes heel pain isn't true plantar fasciitis.**

It may involve:

- Tight calves and Achilles tendons
- Foot joint restrictions
- Heel spurs
- Nerve irritation from the low back
- Tarsal tunnel syndrome

# Start With This Protocol Daily:

## Toe Curls With Towel

1. Place a small towel on the floor.
  2. Using involved foot, curl towel toward you, using only your toes.
- Relax.

Repeat 10 times, 1-2 times per day.



## Toe Extension

1. Sit with involved leg crossed over uninvolved leg. Grasp toes with one hand and bend the toes and ankle upwards as far as possible to stretch the arch and calf muscle. With the other hand, perform deep massage along the arch of your foot.
2. Hold 10 seconds. Repeat for 2-3 minutes.

Repeat 2-4 sessions per day.



## Standing Calf Stretch

1. Stand placing hands on wall for support. Place your feet pointing straight ahead, with the involved foot in back of the other. The back leg should have a straight knee and front leg a bent knee. Shift forward, keeping back leg heel on the ground, so that you feel a stretch in the calf muscle of the back leg.

2. Hold 45 seconds, 2-3 times.

Repeat 4-6 times per day.



## **Towel Stretch**

The towel stretch is effective at reducing morning pain if done before getting out of bed.

1. Sit with involved leg straight out in front of you. Place a towel around your foot and gently pull toward you, feeling a stretch in your calf muscle.



2. Hold 45 seconds, 2-3 times.

Repeat 4-6 times per day.

## **Calf Stretch on a Step**

1. Stand with uninvolved foot flat on a step. Place involved ball of foot on the edge of the step. Gently let heel lower on involved leg to feel a stretch in your calf.

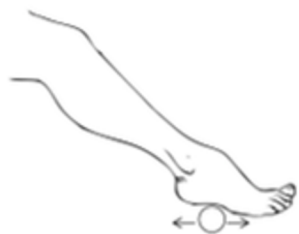


2. Hold 45 seconds, 2-3 times. Repeat 4-6 times per day.

## **Ice Massage Arch Roll**

1. With involved foot resting on a frozen can or water bottle, golf ball, or tennis ball, roll your foot back and forth over the object.

2. Repeat for 3-5 minutes, 2 times per day.



# Tip #2: Use Creaky Bone Balm After Ice for Longer Pain Relief

## Time Frame

Do the ice massage every hour for the first 3 days. After that, cut back to icing 3 times per day, and apply Creaky Bone Balm to the same area immediately after each ice session.



Continue until pain is gone.

## Why This Helps

Ice calms inflammation, but pain can return once the area warms up. Applying Creaky Bone Balm afterward extends relief. It contains a high dose of CBD, which interacts with your body's own pain-calming chemicals to reduce discomfort and support recovery.

## How to Use It

- Choose a high enough strength. 1000mg or 2500mg is what I use with patients (stronger is better for severe pain).
- After each ice session, rub a thin layer on the area you just iced (you can also apply it to the leg).
- Wait 10 minutes; if you don't feel a change, add another thin layer. Most people need 2–3 light layers.
- Wash your hands well after applying

## Where to Apply

Apply it directly to the painful part of the foot.

## Where to Get It

I recommend the original Creaky Bone Balm because of how consistently it helps my patients. You can get a coupon code through my Linktree at <https://linktr.ee/drrondaultonjr> or just scan this QR code:



I've arranged a **20% discount** for my readers there. (If the code ever changes, I'll keep the current one updated at my Linktree.)

## Tip #3: Wear Supportive Shoes

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Avoid:

- ✗ Barefoot walking on hard floors
- ✗ Worn-out shoes
- ✗ Flat sandals or flip-flops

Choose shoes that provide:

- ✓ Good arch support
- ✓ Cushioning
- ✓ Stability

Even around the house, supportive footwear can make a big difference.

# Tip #4: Consider Arch Support or Orthotics

Proper support may help:

- ✓ Reduce stress on the plantar fascia
- ✓ Improve foot mechanics
- ✓ Decrease pain with standing and walking



Over-the-counter inserts help some people, while custom flexible orthotics may provide better support for others.

We utilize the Foot Levelers custom orthotics in my practice, and the reason I like them is because they support all 3 arches of the feet.

Over-the-counter inserts only support 2 arches, which is why they don't always help.

The new InMotion®+ Custom Orthotic is where Science Meets Performance™

The infographic features a central green footprint shape. Four callout boxes with plus signs in circles point to different features of the orthotic. The text is arranged around the footprint, with the brand name and slogan at the bottom.

- Highest Shock Absorption & Propulsion**  
Unparalleled, stand alone orthotic offering **47% more shock absorption** and **130% more propulsion** than our original InMotion®
- Far Infrared (FIR)+ Top Cover**  
Far Infrared Rays (FIR)+ redirect the body's natural energy which can enhance muscle elasticity and performance, stimulate circulation, boost energy, and relieve muscle fatigue
- Temperature Control**  
State-of-the-art materials regulate temperature to help keep feet cool, comfortable, and fight odors
- Durability**  
Proprietary innovative fabric designed for enhanced durability

**FOOT LEVELERS**  
**INMOTION®+**  
**SCIENCE MEETS PERFORMANCE™**

# Tip #5: Reduce Activities That Aggravate Symptoms

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Temporarily limit:

- Running
- Jumping
- High-impact exercise

Instead, try:

- ✓ Walking (within comfort)
- ✓ Swimming
- ✓ Stationary bike
- ✓ Elliptical

# Tip #6: Maintain a Healthy Body Weight

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Every step places force through the foot. Even modest weight loss can reduce stress on the plantar fascia and improve symptoms.