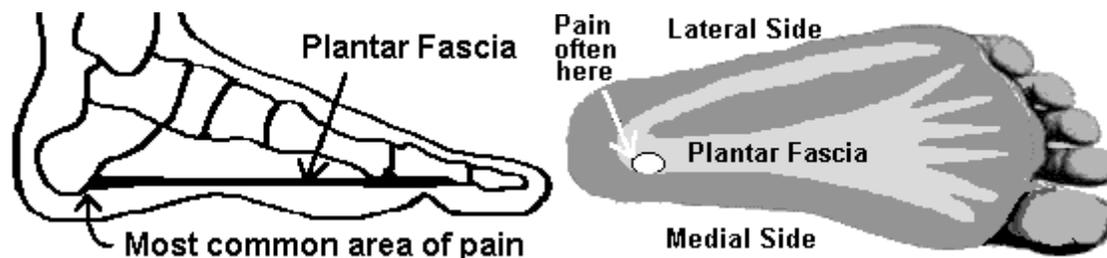


What is Plantar Fasciitis?

Defined on the Mayo Clinic Website, Plantar Fasciitis is most commonly heel pain which is caused by inflammation of the Plantar Fascia - the tissue along the bottom of your foot that connects your heel bone to your toes. It commonly is caused by an overuse of the sole or plantar surface of the foot.



The American Academy of Orthopedic Surgeons website states that you're more likely to get the condition if you're a woman, if you're overweight, or if you have a job that requires a lot of walking or standing on hard surfaces. You're also at risk if you walk or run for exercise, especially if you have tight calf muscles that limit how far you can flex your ankles. People with very flat feet or very high arches are also more prone to Plantar Fasciitis.

The condition starts gradually with mild pain at the heel bone. You're more likely to feel it after (not during) exercise. The pain classically occurs again after arising from a midday lunch break or first thing in the morning.

If you don't treat Plantar Fasciitis, it may become a chronic condition. You may not be able to keep up your level of activity and you may also develop symptoms of foot, knee, hip and back problems because of the way Plantar Fasciitis changes the way you walk.

In most cases, you can kick the pain of Plantar Fasciitis without surgery or other invasive treatments. Gentle Chiropractic treatment with the Activator instrument is very effective in treating Plantar Fasciitis. The goal is to improve alignment of the small bones in the feet as well as restore proper function/motion in the related joints.

Plantar Fasciitis - In Office Treatment Protocol

1. **Chiropractic adjustment**
2 visits first week
1 visit per week for 3 weeks
2. **Taping bottom of foot**
1x per week until pain subsides (tape can stay on 3-5 days)
3. **Low Level Laser treatment**
2x per week for 4 weeks

Home Treatment

1. Place an **ice-pack** on the floor. In a seated position, place the bottom of your foot on the ice-pack. Ice for 10 to 15 minutes, 2 times a day.
2. Perform the **“Golf Ball Massage.”** Get comfortable in a seated position, stocking foot. Place a golf ball on the floor by your feet. Place the painful foot on the golf ball, and roll up and down, back and forth the full length of your foot. Some points will be particularly tender....take a few extra seconds to massage each of these points. Do this for one minute. Repeat this exercise 2 times per day.
3. **Calf stretches.** While stabilizing yourself with a sturdy hand rail, stand on a step with just your toes contacting the step allowing your heels to overhang the step. Lower your heels down as far as you can and hold this position for 15-60 seconds (as long as you can comfortably do it). Stretch should be felt in the back of the lower leg. Repeat 2x per day.
4. **MSM lotion.** Liberally rub MSM lotion into the bottom of your foot and up the calf muscle. 2 x per day until the pain is gone.
5. **Wear shoes all the time, even in the house.** Wear good supportive shoes whenever you are on your feet until the pain is gone.
6. **Wear an over the counter orthotic called “Power Steps”** if needed. These can be purchased at Mast Shoes.
7. **Nutritional support:**
 - a. **Magnesium** = 500 mg. per day before bed
 - b. **Zyflamend** herbal anti-inflammatory supplement = 2 capsules per day
(Available at most health food stores)