



TIP OF THE MONTH

Plantar Fasciitis – A pain in the Foot

Plantar fasciitis is a common injury that affects many different ages and activity levels. Plantar fasciitis is the inflammation of a tendon on the bottom of your foot. It generally manifests itself as pain on the bottom of your foot, heel or along the Achilles tendon.

It is typically worse when standing, walking and/or first thing in the morning.

Common causes of plantar fasciitis vary from person to person but are often due to:

- Too rapid of an increase in exercise program.
- Change in lifestyle (active to more sedentary) causing sudden weight gain or sedentary to active.
- Muscle tightness and/or weakness.
- Poor biomechanics (movement) at the foot and ankle.
- Inadequate cushioning in shoes or inadequate shoes.
- Occupation with prolonged weight bearing on hard surfaces.

Your calf muscle inserts into your heel by your Achilles tendon which inserts into your plantar fascia (bottom of foot). If any or all of these are tight, then it creates a pulling effect on the bottom of the foot. If in addition to the tightening of the muscles you have poor foot positioning, then this increases the force or pull upon the plantar fascia, and as a result, increases the pain.

There are many strategies for treating plantar fasciitis. The general overall principle, however, is to calm down the inflammation in the area and re-balance out the foot so that the calf musculature is not overworking. This is done with a good stretching and ice program along with possible shoe inserts or orthotics. As with most injuries, the sooner you begin treating or addressing the problem, the sooner you will be back to your regular activity. For more detailed information about plantar fasciitis, click [here](#)



PT&Me Featured Article [Common Basketball Injuries](#)

Whether you are a weekend warrior or involved in youth sports, athletes ages 5-75 can experience injuries from playing the games they love. One of the most common basketball injuries is an ankle sprain. An Ankle sprain is a partial or complete tear of the ligaments that support the ankle. Ankle sprains may be caused by...[more](#)

**Call today to ask us how we can help
you get back to enjoying the activities
that are important to you!**



“Plan to be spontaneous tomorrow.”

— Steven Wright

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive
great care and have a positive therapy
experience with us!**

A RECIPE FOR YOU

Mediterranean Salad

This delicious salad is a great way to make use of garden veggies. Enjoy!!



Ingredients:

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| • 1 cup of freshly picked flat parsley | • 4 radishes | • ½ cup of fresh squeezed lemon juice |
| • 1 cup of mint leaves (freshly picked) | • 1 sweet Hungarian yellow pepper | • ½ cup olive oil |
| • 3 english cucumbers | • 1 green onion | • Salt and pepper to taste |
| | • 1 medium sized tomato | |

Directions:

1. Wash all vegetables thoroughly. Cut the stem from Hungarian pepper and remove seeds. Remove any leaves from the radishes.
2. Chop the cucumbers, tomatoes and onion into small pieces. (Small enough for a salad.)
3. Open the pepper so that it lays flat on the cutting board and slice the pepper horizontally. If it's too big, cut them smaller, but not finely.
4. Chop the parsley and mint (either together or separately is fine) just enough so that the leaves of both are in pieces, but not too small.
5. Cut radishes in half and cut the halves into smaller pieces.
6. Put all the ingredients in a medium sized salad bowl. Pour lemon juice and oil over the vegetables.* Add salt and pepper to taste.

* If you like your salad more on the sour side, add more lemon