



TIP OF THE MONTH

Fixing Plantar Fasciitis

Does your foot or heel hurt with the first step in the morning? Does your foot hurt when you get up from sitting or driving for long periods of time? If the answer is yes, you may have plantar fasciitis. Plantar fasciitis is the most common type of foot pain. Plantar fasciitis is the irritation or inflammation of the plantar fascia. The plantar fascia is a thick dense connective

tissue that attaches to the heel and ball of the foot. A related problem is a heel spur which is an extra bone that may grow from the heel bone. This is in response to the plantar fascia being tight or inflamed, thus pulling on the heel bone.

Common Causes of Plantar Fasciitis include:

- 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

What to expect from physical therapy

If you are diagnosed with plantar fasciitis, physical therapy can help you resolve your pain. Physical therapy treatment for **plantar fasciitis** may include:

- Stretching the Achilles tendon/plantar fascia structures
- Taping to the heel and arch
- Cross-friction massage/soft tissue and joint mobilization
- Ultrasound, iontophoresis, moist heat, cryotherapy, and electrical stimulation
- Patient education and instruction in a home exercise program
- Custom orthotics
- Weight loss goals

If you have foot or heel pain, give us a call. By using a combination of manual and orthopedic techniques, in addition to patient education, we have all the tools necessary to help you feel better and keep moving.



Featured Article: [Post Surgical Rotator Cuff Physical Therapy](#)

A patient will typically be referred for rotator cuff surgery when 90% or more of the tendon is torn. The most common causes for rotator cuff injuries are aging, overuse of overhead activities and [more](#)

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



“The way to get started is to quit talking and begin doing.”

— Walt Disney

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

Grilled Chicken and Pesto Salad

This is an easy light summer dish. If you don't have time to grill, you can always pick up a rotisserie chicken from the grocery store. When we make this, we usually grill one breast per person and add the rest of the ingredients to taste.



INGREDIENTS

- Thinly sliced chicken breast
- Grape tomatoes halved
- Crumbled feta
- Artichoke hearts
- Pesto
- Salt & Pepper to taste

DIRECTIONS

1. Grill the chicken breast on medium heat for about 4 minutes each side or until the chicken reaches 165°.
2. Cut the grilled chicken breast into bite-size pieces.
3. In a large bowl, stir in the rest of the ingredients until covered evenly by the pesto.
4. Enjoy!