



TIP OF THE MONTH

Physical Therapy for Plantar Fasciitis Pain

Does your foot or heel hurt with the first step in the morning or when you get up from sitting or driving for long periods?

If the answer is yes, you may have [plantar fasciitis](#). People with plantar fasciitis complain of searing pain at the point of the fascia's insertion into the calcaneus. This pain is at its worst with the first few steps upon arising in the morning or after a sustained period of being off their feet. The plantar fascia origin is often tender to palpation. Pain increases after long periods of walking, climbing stairs or doing toe raises.

Common Causes of Plantar Fasciitis:

- Inadequate Cushioning in Shoes or Inadequate Shoes.
- 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.
- Occupation with prolonged weight-bearing on Hard Surfaces.

Physical Therapy for Plantar Fasciitis

There are many strategies for treating plantar fasciitis. The general principle is to lessen the inflammation and re-balance the foot so that the calf musculature isn't overworking. This is done with a good stretching program and ice program along with possible shoe inserts or orthotics. Most people can experience relief in just a few sessions. However, the longer the pain remains untreated the more likely it is to evolve into plantar fasciosis.

[Plantar fasciosis](#) happens when the tissue that is attempting to repair itself begins to break down leading to deterioration and scar tissue. At this point, the inflammation is gone so treatments for plantar fasciitis no longer works. It can even become so chronic that other non-conservative treatments are deemed necessary. If you are experiencing foot pain or plantar fasciitis-like symptoms, contact us to start getting the help you need.

Featured Article: [Pre Run Dynamic Stretching Routine](#)

Pre-run, a good dynamic routine will incorporate sport-specific movements. The program below targets the major muscles of running... [more](#)

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



““Let’s keep a little optimism here.”

— Han Solo

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

Homemade Guacamole

Looking for a fun snack or side dish? Try our friend Lisa's guacamole recipe. It's super easy to make and tastes great!



INGREDIENTS:

- 3 avocados
- 1 tomato diced
- 1 red onion finely chopped
- 1 Serrano pepper minced
- 1 lime, but add more if you love it
- Cilantro to taste
- White pepper to taste**
- Oregano to taste**
- Garlic powder to taste**
- Salt to taste**

DIRECTIONS:

1. Throw all of the ingredients into a serving bowl and mash to the consistency that you like!

** Start with about the size of a quarter in your palm, stir/smash it all up and add more if needed. Don't be shy with those ingredients.