



TIP OF THE MONTH

**The Fastest Ways to Heal Plantar Fasciitis**

When we have patients with pain in the heel and arch of the foot, a likely culprit is [plantar fasciitis](#). The plantar fascia (a thick band of tissue that runs along the bottom of the foot) can become inflamed due to overuse and injury. People with plantar fasciitis experience pain 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 walks, climbing stairs, or doing toe raises.

**How Do I Heal My Plantar Fasciitis?**

Don't try to suck it up and live with the pain. While fasciitis is an inflammatory process, [plantar fasciosis](#) is non-inflammatory. Here is what this means: After the injury to your foot, the inflammation begins and tries to repair itself, but since we all need to use our feet every day, the plantar fascia is repeatedly stretched, causing more tears while trying to repair itself. If the condition worsens and symptoms become serious without improvement, treatment could require surgery.

**As far as treatment goes, it's not one-size-fits-all, but here are some things you can do to heal your plantar fasciitis:**

**Rest:** Avoid activities that put stress on your foot. Activities like running and jumping can further injure an already inflamed tendon.

**Wear Supportive Footwear:** Instead of heels or flip-flops look for shoes or orthotic inserts that provide arch support, shock-absorbing soles, and hold your feet in their natural position. We are happy to recommend individual shoes or provide information on how to get custom orthotics fitted.

**Stretch:** Stretching the tendon can help improve flexibility and reduce pain. We have two stretches [here](#). One incorporates icing the foot (Do no more than 20 minutes at a time). Additional stretches include:

- **Towel stretch:** Sit on the floor with your affected foot extended in front of you. Loop a towel around the ball of your foot and pull it towards you, stretching the plantar fascia.
- **Calf stretch:** Stand with your affected foot behind you and lean forward, keeping your back straight.

**Physical Therapy:** Physical therapy can help to improve flexibility and strength while reducing pain and inflammation. Most people can experience relief in just a few sessions. However, the longer the pain remains untreated, the longer it will take to heal.

If you are experiencing foot pain or plantar fasciitis-like symptoms, please feel free to contact us to get the help you need.

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



*“You are the master of your destiny. You can influence, direct, and control your own environment. You can make your life what you want it to be.”*

— Napoleon Hill

**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 pick up a rotisserie chicken from the grocery store.



**INGREDIENTS:**

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

**DIRECTIONS:**

1. Brine the chicken breasts in salt water for 30 minutes to an hour
2. Grill the chicken breast on medium heat for about 4 minutes each side or until the chicken reaches 165°.
3. Cut the grilled chicken breast into bite-size pieces.
4. In a large bowl, stir in the rest of the ingredients until covered evenly by the pesto.
5. Serve and enjoy!



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