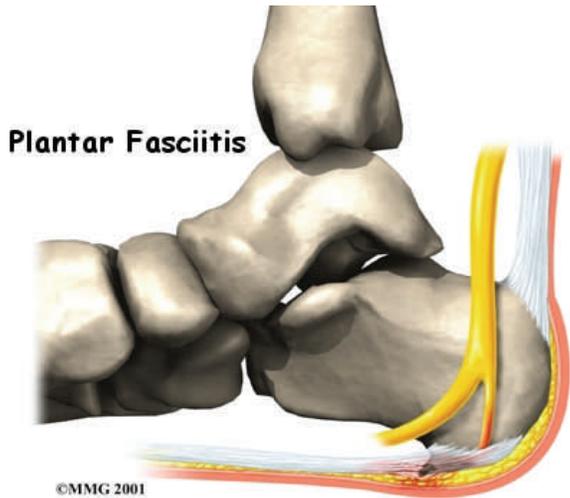


A Patient's Guide to Plantar Fasciitis



What is Plantar Fasciitis?

Plantar fasciitis is a painful condition affecting the bottom of the foot. It is a common cause of heel pain and is sometimes called a *heel spur*. Plantar fasciitis can have a number of underlying causes. Finding the precise reason for the heel pain is sometimes difficult, but several options are available for treatment.

Where's the Plantar Fascia, and what does it do?

The plantar fascia is a structure that runs from the front of the heel bone (*calcaneus*) to the ball of the foot. This dense strip of tissue helps support the arch of the foot by acting something like the string on an archer's bow. As you can imagine, when the foot is on the ground, a tremendous amount of force (the full weight of the body) is concentrated on the plantar fascia. This force stretches the plantar fascia as the arch of the foot tries to flatten from the weight of your body. This is just like the string on the bow being stretched by the force of the bow trying to straighten. This leads to stress on the plantar fascia, the ball of the foot, or where it attaches to the heel bone. Small tears of the fascia can result. These tears are normally repaired by the body. When plantar fasciitis progresses, the body is no longer able to repair the tissue correctly and pain is then persistent.

How does Plantar Fasciitis develop?

The chronic inflammation of the fascia itself is the source of pain in many cases. The fascia becomes irritated due to overuse and repetitive injuries to the fascia over time. Long distance walking, running, cycling or standing can overwork these muscles. As they are chronically overworked, they start to tighten. When a muscle tightens, it is less resilient and is more easily damaged. As the plantar fascia is damaged, the biomechanics of how you walk or run change in order to remove the pain. Changes in biomechanics create increased stress, internal pressure and increased friction that leads to inflammation, and eventually the formation of scar tissue within the plantar fascia. Scar tissue restricts the translation or movement of adjacent tissues, causing friction and leading to inflammation and thus pain.

What does Plantar Fasciitis feel like?

The symptoms of plantar fasciitis include pain in the center of the heel or across the bottom of the foot when weight is placed on the foot. This is usually worse in the morning when the foot is first placed on the floor.

What is the treatment for Plantar Fasciitis?

In our office, we use a combination of chiropractic treatments, Active Release Technique (ART) soft tissue manipulation and rehabilitation to allow restoration of proper biomechanics to the foot and ankle.

Ways We Treat Your Plantar Fasciitis:

Chiropractic

- Chiropractic is a natural healing approach that promotes a healthy, pain-free lifestyle without the use of drugs or surgery. An adjustment is a hands-on therapy that delivers a controlled pressure that restores proper motion to a restricted joint.

Active Release Technique (ART)

- ART is a manual therapy that corrects muscular and soft-tissue problems caused by the formation of adhesive or scar tissues. Adhesions/scar tissue occur naturally in the body in response to overuse or cumulative trauma.

Flexibility

- Good flexibility enables muscles and joints to move through their full range of motion. Poor flexibility leads to a higher chance of injury to muscles, tendons and ligaments.

Strength

- Strength training is essential for the rehabilitation of any injury. When new tissue is laid down to repair an area, it is very thin and weak. If this tissue is not properly re-strengthened, it can lead to re-injury.

Proprioception

- Proprioception describes the body's ability to react appropriately to external forces. It also helps rebuild proper motor patterns of the body. Proprioceptive exercises form the basis for the agility, strength, and endurance for complete rehabilitation.



With our combination of different treatments, resolution can be seen in over 90 percent of plantar fasciitis cases. Effective treatment of the feet, or any soft tissue injury, requires an alteration in tissue structure to break up the restrictive cross-fiber adhesions and restore normal function to the affected soft tissue areas. When executed properly, this process substantially decreases healing time, treats the root cause of the injury, and improves athletic performance. Active Chiropractic and Rehabilitation Clinic is very successful at treating this type of injury. Our therapies remove restrictive adhesions between both the superficial and deep tissue structures along the entire kinetic chain. This comprehensive approach creates a complete, time efficient healing process.



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