

## HEEL PAIN CAUSES AND TREATMENTS

Does your day start with a sharp pain or a dull constant ache like a deep bruise on the bottom, back, or sides of your heel? Does your foot hurt after periods of rest or extended sitting? Does it take a few steps or a few minutes of painful walking for the soreness to diminish so you can put your heel on the ground? You could be suffering from a common condition called plantar fasciitis.

This condition occasionally will subside and even go away. However, more times than not, it worsens to the point where exercise, routine walks, and even simple day to day activities are no longer enjoyable because of constant pain.

When treated early, this problem can be resolved with a short series of office visits and office based treatment.

### WHAT TO EXPECT UPON STARTING TREATMENT

A medical history of the condition is taken including a review of preexisting medical conditions and medication history. X rays are taken and reviewed with the patient, shoe modifications, therapeutic exercises, and a prescription for a short course of anti inflammatory medication are prescribed. Treatment alternatives, both short and long term are discussed as well. All questions concerning the condition and treatment plan are answered. Most patients usually experience significant improvement in one to three weeks with complete resolution in five to eight weeks. The condition varies in severity and duration and every patient is different, but these are reasonably accurate averages.

### FREQUENTLY ASKED QUESTIONS

#### How Did I Get This?

Typically, plantar fasciitis is a strain or overuse injury. Going barefoot, wearing poorly supported foot gear (flip flops and sandals), wearing a shoe that is inappropriate for certain activities, or wearing a once good shoe that is worn out or nearly worn out are common causes.

#### Will I Need Orthotics?

Prescription custom made orthotics have proven to be beneficial in resolving or maintaining healthy feet after a bout of plantar fasciitis. Every patient's needs are different and as a result not every patient is a candidate for orthotic therapy.

#### Will I Need Surgery?

Plantar fasciitis is a medical condition that responds well to conservative, non surgical care. Occasionally, for a variety of reasons, surgery may be necessary, but usually, this is a non surgical condition.