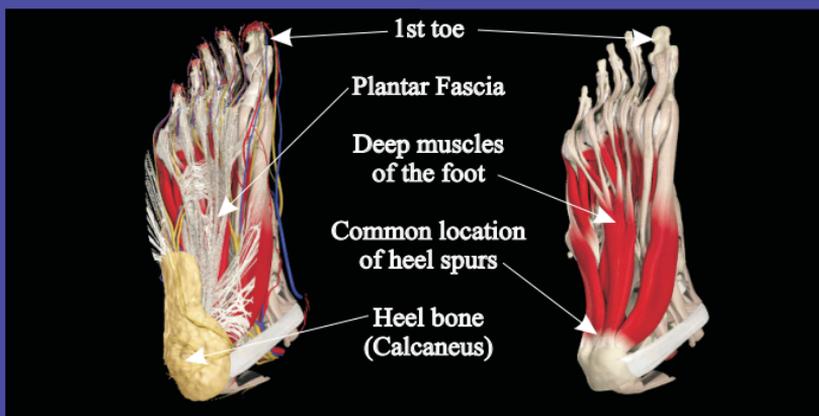


Plantar Fasciitis

Plantar fasciitis is a Repetitive Strain Injury. It most often develops over a long period of time with the structures of the feet being stressed by:

- ❑ Abnormal foot mechanics (pronation, supination or activity related)
- ❑ Soft tissue restrictions ranging from the foot to the calf, hamstrings, gluteal area and low back.
- ❑ Repetitive motion to any of these areas.
- ❑ Standing on hard surfaces for long periods
- ❑ Existing muscle imbalances
- ❑ Poor footwear
- ❑ Acute trauma to the foot
- ❑ Some systemic illnesses which must be screened for and diagnosed.

The above physical stresses can lead to micro tears in the tissues of the plantar fascia. When the tissues lack the time or opportunity to heal properly, they become inflamed and irritated leading to pain in the sole of the foot or heel. The diagram below shows a few of the different structures that become adhered together and thickened leading to pain.



Interactive Foot and Ankle 2 © 2000 Primal Pictures Ltd. Interactive Foot and Ankle 2 © 2000 Primal Pictures Ltd.

Treatment of Plantar Fasciitis - A better solution...

ART views this complex problem as a series of soft tissue restrictions that inhibit biomechanical motions. These restrictions limit tissue translation that effects the biomechanics of the entire body including the foot itself to the tissues of the leg, hip and back. By carefully feeling for restrictions the practitioners hand will identify the adhesions that are causing the problem.

It is not uncommon that people feel significant improvement even after one visit, being able to stand comfortably on their foot.

Rehabilitation Exercises: Our office will provide specific exercises to assist in maintaining motion and function in the involved tissues.



Dr. David Urness, D.C.©

... achieving active, healthy lifestyles.