

A quick guide to managing Plantar Fasciitis

If you've ever suffered from Plantar Fasciitis, you know that this can be one of the most irritating and hard to treat injuries there is. In this short guide we're going to have a look at what Plantar Fasciitis is and how you can deal with it.

What is Plantar Fasciitis and Who Suffers From It?

The Plantar Fascia is a band of tissue that runs from your heel down through most of the length of your foot. It could be considered to be a "shock absorber" for your arch. This tissue is also known as the arch tendon. When this tissue becomes inflamed, the result is Plantar Fasciitis, a condition that can result in moderate to severe pain in your heel and foot. Plantar Fasciitis, over time, can also cause a heel spur. If untreated, the condition can become degenerative, causing further pain, symptoms and long-term treatment challenges.

Not surprisingly, athletes such as runners, golfers and tennis players who spend long hours on their feet are some of the most common victims of Plantar Fasciitis. Additionally, those over 40 are more susceptible, as is anyone who is predisposed to the condition. People with tight calves are thought to be more likely to develop the condition, as is anyone who spends time on their feet without proper footwear.

Relief from Plantar Fasciitis

Temporary relief from Plantar Fasciitis can often be found through stretching localized massage, or anti-inflammatory medications. This relief is typically short-lived, however, as the condition will usually persist until it is properly treated and the underlying cause is identified and addressed.

Treatment of Plantar Fasciitis

Permanent relief from Plantar Fasciitis will usually come from a combination of the following approaches.

- Improved footwear for the activity you're engaging in.
- Orthotics
- Weight loss
- Stretching (foot and calf).
- Minimizing the impact of your step (if possible)
- Physiotherapy
- Massage
- Kineso-tape to support the arch tendon
- Shockwave Therapy to treat the inflamed area

Drugs and surgery are also options in extreme cases, although generally should only be considered after all the less intrusive options have been explored.

Plantar Fasciitis Treatment at Diversified Health Clinic



Diversified Health Clinic is proud to have various options for treating Plantar Fasciitis, including

- Shockwave therapy
- Massage therapy
- Gait analysis
- Orthotics
- A holistic approach to treatment

Diversified Health is one of the few clinics on Vancouver Island to offer progressive therapy that effectively treats the most frequent causes of acute and chronic pain. It's all part of giving patients more of say about your health care, and you want natural options — options that enhance health and prevent illness.

Contact Diversified Health Clinic for more information

If you want help for Plantar Fasciitis, please contact us to schedule an appointment.

Contact us now



Phone: 250-382-0018

Website: www.diversifiedhealth.ca