



# PRO THERAPY

Progressive Rehabilitation Orthopedic Therapy, Inc.  
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## Putting Your Best Foot Forward

Chronic foot pain is like a bad toothache, after a while nothing else matters but relieving the pain.

In America one of the most common causes of foot pain is a condition known as plantar fasciitis. Usually diagnosed as an inflammation or irritation at the sole of the foot from the arch to the heel, plantar fasciitis can be very painful. For patients who suffer with this, the pain is often worse in the morning, or after walking or standing for a long period of time.

Plantar fasciitis can be caused by a number of factors. Sometimes a simple foot injury can cause the condition to develop as can loss of flexibility in the foot , heel, or ankle. A habit of walking barefoot can contribute to the syndrome too. Wearing thin sandals without arch support can aggravate it as well.



One way to help alleviate plantar fasciitis is to wear only well-made shoes with padded heels and good arch support. Bargain shoes may be good for the pocketbook but they can wreak havoc on the feet. A licensed physical therapist can also teach simple stretching exercises that can increase flexibility in the foot, heel, and calf. To expedite the healing process most of these exercises can be reproduced at home.

In addition, physical therapists can employ such modalities as ultrasound or iontophoresis, which is a method of getting medication straight into the area of inflammation. Sometimes soft tissue massage and mobilization can help too.

If the condition is severe or long standing, an exam by a podiatrist should be performed to rule out any other complications or causes. Chronic foot pain should never be ignored. Properly treated, our feet were meant to carry us for a lifetime.

Sponsored by PRO Therapy. Individualized Treatments for Personalized Results.

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