



AdvaCare Clinics: Plantar Fasciitis Pain Relief with Chiropractic Care

Your feet are the foundation for every step you take. They carry us everywhere we want to go and support virtually every sized and shaped body frame. When the feet are not properly doing their job, it falls to other parts of a person's body to take on their role in order to compensate. It can lead to complex problems that can affect the functioning of other parts of the body. Foot pain, knee pain, lower back pain and even neck pain can be directly related to the way your foot hits the ground when you walk.

Heel and arch pain is usually the result of faulty biomechanics (**walking gait abnormalities**) that place too much stress on the heel bone and the soft tissues that attach to it. A "normal" gait pattern is important because it allows us to move efficiently, with minimal energy costs. This increased stress causes local inflammation and pain. The most common cause of **heel and arch pain** is a condition called *plantar fasciitis*.

The primary cause of heel pain, **plantar fasciitis** is an inflammation of the tissue band (fascia) connecting the heel bone to the base of the toes, and aids in stabilization of your arch during walking and running. This pain is generally centered under the heel, and can be caused by (but not limited to) activities that include:

- Wearing improper footwear
- Excessive weight
- Walking barefoot and/or walking barefoot on hard surfaces
- An increase in exercise
- Abnormal foot biomechanics (excessive pronation or supination)

Any of these factors, in combination with how your feet function mechanically, can cause plantar fasciitis.

While many heel pain sufferers often assume their heel pain is caused by a heel spur on the heel bone (commonly referred to as "heel spur syndrome"), heel spurs have been proven to not be the cause of heel pain.

The pain is usually in the front and bottom of the heel, but the definition of "plantar fasciitis" indicates it can be over any portion of the bottom of the foot where the fascia is located. Patients often report that the pain "moves around." The pain can be mild or debilitating. It can last a few months, become permanent, or come and go every few months or years for the rest of a patient's life with no obvious explanation. Every year, about 1% of the population seeks medical help for this condition.

Custom Orthotics

Foot-related problems are often treated very successfully with custom made orthotic inserts that you put right in your shoe like an insole.

Orthotics are prescribed to:

- Reduce pain
- Provide support
- Prevent or slow down the development of a foot deformity
- Provide better positioning of the foot, knee and hips
- Improve the overall biomechanical function of the body
- Shock absorption

Custom foot orthotics are precision balanced medical devices worn in your shoes to allow the feet and lower extremities to function properly and help eliminate pain and deformity caused by improper function.

When appropriately fitted, orthotics can decrease pain, not only in the foot, but in other parts of the body such as the knee, hip and lower back. By eliminating the need for one's muscles to compensate for imbalances, orthotics can reduce fatigue and promote efficient muscle function to enhance performance.

Custom orthotic devices have the greatest chance of reducing the tension in your plantar fascia, reducing your pain, and helping you avoid surgery.

It's not normal for your feet to hurt. If you are experiencing achy, painful or tired feet, call AdvaCare Clinic today for an evaluation at 952-835-6653!