

Prevention - Staying in Touch



Bottle Roll

Roll a plastic water bottle fairly vigorously under your arch



Proper Shoes

Wear the right shoes that fit you properly. Consult your chiropodist.



Stretching

With your toes curled, slowly lower your knee to the ground. Hold for 30 sec. Rpt. 5x



Towel Curls

Place a towel on the floor and curl it towards you with your toes



Orthotics

Wearing custom orthotics in your shoes will hold your foot in the correct position

HELLO MY NAME IS

PLANTAR FASCIITIS

(A.K.A. HEEL PAIN)

Getting to Know You

Plantar Fasciitis is the inflammation of the plantar fascia, a thick non-elastic band of fibrous tissue that runs from the heel to all five toes

First Meeting

Repetitive stress can cause the Plantar Fascia to tear from its weakest point. These micro tears cause pain

Pain is present when pressing down on the inside of the heel

Treatments - Proper Protocol

- Rest as much as possible
- Use a taping technique to take the stress off the ligament
- Apply ice or cold therapy to reduce pain and inflammation
- Stretch the plantar fascia to avoid tightening

Get Familiar With Your Feet.

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Family Footcare is dedicated to delivering high-quality health care for your feet and foot related conditions. We specialize in custom orthotics and treatment of foot ailments such as warts, corns, calluses, ingrown and fungal nails as well as heel and arch pain. Our professional staff offers the best diagnosis and treatment options. Our focus is you.

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