



Heel and Foot Pain

Heel and foot pain is most commonly caused by inflammation of the plantar fascia. The plantar fascia is the tissue along the bottom of your foot that connects your heel bone to your toes. This painful stabbing or burning condition is called plantar fasciitis. Pain is most often worse in the morning because the fascia tightens overnight. The pain usually diminishes as the fascia stretches out, however it will return after long periods of standing, after getting up from a seated position, or after exercise. Left untreated, plantar fasciitis may become a chronic condition and will impact your activity level as well as cause further problems in other areas of the body.

Traditional treatment of plantar fasciitis includes rest, anti-inflammatory medication, and stretching exercises. If these methods do not work steroidal anti-inflammatory injections, night splints and use of a walking cast are frequently implemented. Patients who do not respond to non-invasive treatment may find themselves undergoing surgery to release the fascia.

A Different Approach

At Excel Physical Therapy we treat the whole person not just the symptom. We are trained in both traditional and non-traditional osteopathic treatment techniques. Osteopathic practitioners view the human body as an interdependent unit rather than an assortment of separate parts and systems.

It is our goal to determine the *cause* of *your* plantar fasciitis, which is most likely not the same as another person with similar symptoms. We will perform a thorough physical and postural examination of the whole body to uncover the underlying dysfunction. The feet are very flexible and often compensate for problems at alternate areas, including the ankle, knee, pelvis or back. If this is the case, traditional stretching exercises, medications and injections will only work temporarily. As the anti-inflammatory properties wear off the pain will return as the *cause* of your pain is still there.

Our treatment techniques are aimed at the area of dysfunction, which along with education is the key to prevent the pain from returning. We attend continuing education courses regularly to learn the advanced skills needed to effectively evaluate and treat these complicated conditions. It is our objective at Excel physical therapy to help you to maintain your activity level and not let the debilitating effects of plantar fasciitis get in the way of your life.