

## Plantar Fasciitis

Plantar fasciitis (PLAN-tur fas-e-I-tis) involves pain and inflammation of a thick band of tissue, called the plantar fascia that runs across the bottom of your foot and connects your heel bone to your toes. Plantar fasciitis is one of the most common causes of heel pain.

Plantar fasciitis commonly causes stabbing pain that usually occurs with your very first steps in the morning. Once your foot limbers up, the pain of plantar fasciitis normally decreases, but it may return after long periods of standing or after getting up from a seated position.

### **Here are my absolutely PROVEN remedies for plantar fasciitis treatment:**

1. **#1 solution: STRETCH THE FOOT** by pulling back the toe towards you so you begin to stretch the Achilles tendon. When the Achilles tendon is tight it tends to pull on the plantar fascia of the foot. The permanent solution is to regularly (daily) stretch the foot. You can do it seated or lying down. Stretch the foot multiple times a day (day & night) to receive the best benefits.
2. Use a 16oz frozen water bottle and while seated, roll foot back and forth especially on the fascia of the foot (inner middle sole of foot) to bring down inflammation.
3. Soak foot in warm/hot Epsom Salt.
4. Wear orthotics when exercising for continued healing as well as a long-term permanent solution so it doesn't return. You especially need support in the fascia of the foot. In addition to orthotics, you can apply Dr. Scholl's thick Moleskin to that region when the pain is acute.
5. Never walk barefoot! Even right out of bed, your feet need to go into a slipper with a slight wedge or heel so your feet are not flat. The blood pools above your feet/legs when you're sleeping and then you get out of bed only to pool all that blood to your feet...mercy! And never walk barefoot around the house – always in slippers.
6. Take an anti-inflammatory if absolutely necessary and tolerable (like Advil or Aleve).
7. For chronic long-term pain and discomfort, a cortisone shot may be in order if all of the above have been applied for months without success. See me for a good podiatrist if needed.

There you go...this should be helpful all coming from experience. But I seriously feel you will find comfort and a solution by applying the above recommendations before it lends itself to cortisone. That's your absolute last resort.

Be well!  
Bessie :)