

the

Weekly Wellness Tip

FROM SMITH CHIROPRACTIC Volume 2 Issue 2

Plantar Fasciitis



IS THAT PAIN IN YOUR HEEL PLANTAR FASCIITIS?

Inflammation Along the Bottom of Your Foot Can Cause Heel Pain

One of the most common injuries related to sports that we see at Smith Chiropractic is Plantar Fasciitis (plan-ter fash-ee-ahy-tis). This is a Latin phrase, which translated to English means inflammation of the 'plantar fascia', a flat band of tissue that connects your heel bone to your toes. This injury can occur when people run for long periods of time, have high arches, falling arches (also known as pronation) or are flat-footed. The most common complaint from plantar fasciitis is a burning, stabbing, or aching pain in the heel of the foot.

Warm Weather Wellness Advice

During the warm weather months, injuries related to sports and outdoor activities begin to increase. For this reason, our second series of Wellness Tips will focus on reducing sports-related injuries. Every week, we will be providing advice on how to stay healthy and avoid injury during the warmer weather. Our Weekly Wellness Tips can be found at:

- Smith Chiropractic Website:
www.drpatricksmith.com
- Smith Chiropractic Facebook Page:
DrPatrickRSmith
- Our office for printouts





Prevention is Key

Wearing poor fitting shoes or no shoes at all and not stretching your feet or calves after exercising can contribute to Plantar Fasciitis. Here are a few suggestions that will help protect your feet from this painful injury. If you plan on running this season, stick to soft surfaces versus hard ones. Wear running shoes that fit properly and support your arches. It is also important to stretch out your calves and feet after every workout. Please keep these tips in mind if you spend your weekends running, hiking, or walking outside.

Chiropractic Can Help

If you experience pain in the heel of your foot, Smith Chiropractic is here to help. We specialize in sports injuries including Plantar Fasciitis and can help speed your recovery. Also, if you need better arch support or if you are flat-footed, ask us about our orthotics. We can supply a personalized pair to provide the support you need. Through routine adjustments and wellness visits, we can also help keep your feet and lower back happy and healthy throughout the year.



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