

## **Plantar Fasciitis**

From aches to agony

by Dr. Amelia Mazgaloff, D.C

Nowhere is the miracle of the foot more clear than watching the human body in motion. The combination of 26 bones, 33 joints, 112 ligaments, and a network of tendons, nerves, and blood vessels all work together to establish the graceful synergy involved in running. However, poor biomechanics within the foot can result in plantar faciitis, an inflammation of the fascia resulting from being pulled too hard and too often. If left untreated, the fascia will pull away from the heel bone resulting in a heel spur. What do you do if you have feet or heel pain? Here are few suggestions:

- 1.**Have your feet evaluated and your gait analyzed. Reserve your video taped gait analysis before every 3<sup>rd</sup> Tuesday of the month.
- 2.**Treat your injuries with ice and rest.
- 3.**Do not stretch or strengthen until the inflammation has subsided
- 4.**Massage your feet first thing upon awakening and before you take off your first step from bed.
- 5.**Seek expert advise when you buy running shoes, but get your gait analyzed first
- 6.**Sports specific custom orthotics are the best way to alleviate the problem.
- 7.**Arch support taping may be needed while running.
- 8.**Myofascial work and gentle manipulation of the foot helps to quickly restore the correct alignment of the bones in the foot.
- 9.**Heel pads or cups will help cushion the heel spur.
- 10.**To avoid developing plantar faciitis seek help and

treat pain properly as soon as symptoms appear.

For more information on this article or the **video gait analysis** you can reach Dr. Mazgaloff at **(415) 546-1461** or on the web at [www.chirohealthsf.com](http://www.chirohealthsf.com).

Next Month: Heel spurs