

PLANTAR FASCIITIS: THE MOST COMMON CAUSE OF HEEL PAIN REVEALED!



You wake up and crawl out of bed—only to feel a sharp, stabbing pain shoot up from your heel. No, you didn't step on a tack. It's likely plantar fasciitis, one of the most common causes of heel pain worldwide.

Plantar fasciitis is a painful condition that affects your plantar fascia, a band of tissue running along the bottom of your foot from your heel to your toes. When the plantar fascia becomes irritated or inflamed, usually due to overuse, it leads to foot discomfort (which then makes it harder for you to get around).

While plantar fasciitis is painful, it's also easily treated with physical therapy. The team at Infinity Physical Therapy will work closely with you to rehabilitate your injury, providing immediate pain relief and helping you uncover what caused your plantar fasciitis in the first place. Today, we want to give you an overview of plantar fasciitis so you know what you're dealing with. Already struggling with foot or heel pain? Call us to schedule an appointment so we can start helping you find relief!

How Do I Know It's Plantar Fasciitis?

Many injuries can cause foot pain, from ankle sprains to tiny stress fractures. That's why it's important to pay attention to the location and sensation of your foot pain, as well as any mobility issues. To help you understand the signs and symptoms of plantar fasciitis, let's look at

an example case. Sarah had recently taken up running after several years away. She loved going out every morning and jogging around her neighborhood. But after a few weeks, she started to experience discomfort on the bottom of her foot whenever she went for a run.

The pain usually started as a sharp, stabbing pain on the bottom of her heel, but she also noticed that the arch of her foot felt tender and restricted.

After experiencing the pain for the first time, she started to notice it more frequently, and not just after her runs, either:

- First thing in the morning, when she got out of bed
- While standing in a long line at the grocery store
- While spending a day walking around an amusement park
- After watching a long movie in the theater

When Sarah eventually visited a physical therapist to seek treatment for her foot pain, she made sure to carefully lay out all the times she experienced pain (and all the times she didn't; Sarah noticed the pain tended to fade around mid-morning, then flare up in the evening). That, along with her detailed explanation of the pain's location, helped her PT correctly identify her pain as plantar fasciitis.

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PHYSICAL THERAPY: FRONTLINE TREATMENT FOR PLANTAR FASCIITIS

The Infinity Physical Therapy team's knowledge of your body's musculoskeletal systems means we can help you treat plantar fasciitis without invasive treatment methods (like surgery). While rehabilitation might take some time (usually a few weeks to a few months), you can resolve your pain through targeted foot exercises.

Here's what you can expect when you visit us:

- **A thorough evaluation:** Besides reviewing your symptoms, we'll conduct a comprehensive gait assessment and other movement screens to help us identify any biomechanical factors that might contribute to your plantar fasciitis.
- **Pain management:** We'll help manage your acute pain through hands-on manual therapy techniques, foot taping, and other drug-free approaches.
- **Therapeutic exercise:** Stretching and strengthening exercises will help resolve your current bout of plantar fasciitis. We'll provide you with a tailored exercise

program, including simple exercises you can do at home to help maximize your recovery.

- **Prevention tips:** Plantar fasciitis is usually an overuse injury, meaning it develops gradually over time. A frequent cause of plantar fasciitis is starting an intense new workout program (as Sarah did). Faulty gait mechanics and other lifestyle factors can contribute to it as well. We'll provide you with customized advice and strategies for avoiding future incidents of plantar fasciitis.

Got Foot Pain? Call Us Today!

If you're experiencing foot discomfort or immobility, your best bet is to call the team at Infinity Physical Therapy and schedule an initial consultation. Be prepared to discuss your symptoms in detail—and to receive a customized treatment program that will have you feeling footloose and fancy-free in no time!

Sources: https://www.physio-pedia.com/Plantar_Fasciitis • <https://www.choosept.com/guide/physical-therapy-guide-plantar-fasciitis>

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OUR PATIENTS GET RESULTS



"When first started here I was suffering the worst knee injury I ever had. Couldn't walk could barely keep my balance and the pain was intense. Dan and his team now have me feeling like my old self I haven't felt this great in months. No pain at all and I can walk right again. Thank you to the whole team here for helping get back to normal. They really make you feel like family here from the ladies at the front desk to all the rest of the team I give it a 10/10 and would recommend anyone to infinity therapy" — R.W.

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HEALTHY RECIPE

Lemon Asparagus Pasta



For the asparagus

- 1 pound thin asparagus spears, cut into 2" pieces
- 1 tbsp olive oil
- ½ tsp kosher salt
- Fresh ground black pepper
- 1 lemon (zest from half, plus slices from the other half)

For the pasta

- 8 oz fettuccine
- ¼ cup olive oil
- 2 cloves garlic, grated
- ½ tsp dried oregano
- ¼ tsp red pepper flakes
- ¼ c Parmesan shavings
- 2 tbsp panko
- ¼ c fresh basil leaves, for garnish

Directions: Preheat the oven to 425 degrees Fahrenheit. Roast the asparagus: Cut off the tough bottom ends of the asparagus and cut it into 2" pieces. Add the stalks to a foil-lined baking sheet. Drizzle the asparagus with the olive oil, and add the kosher salt and a few grinds of black pepper. Slice the lemon in half crosswise. Thinly slice 4 wheels from one half of the lemon, then add them to the baking sheet. Zest the other half of the lemon, sprinkle it onto the asparagus and mix with your hands to coat. Bake 10 to 15 minutes, until tender when pierced by a fork at the thickest part. The timing will depend on the thickness of the asparagus spears. Cook the pasta: Meanwhile, bring a salted pot of water to a boil and cook the pasta to al dente. Do not drain. In the serving bowl, stir together the olive oil, oregano, grated garlic and chilis. When the pasta is done, use tongs to transfer the pasta from the boiling water into the bowl with the oil mixture without draining. Toss with the olive oil mixture until coated. Add the roasted asparagus and toss. Top with the Parmesan shavings and panko. Add basil leaves and serve immediately.

