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# New Year's Resolution #1 GET IN SHAPE! (this year I promise!)

THIS TIME EACH year, we all make our New Year's Resolutions. The #1 Resolution is related to better health management including weight loss, increase in physical activity, etc. Although intentions are good, many resolutions are not successfully fulfilled; especially the introduction of a consistent long-term physical program. Unfortunately, many individuals introduce a stringent physical program, only to find themselves suffering from pain and therefore end their physical activity.

Plantar fasciitis is a painful degenerative condition with symptoms including debilitating pain affecting 2 million Americans each year and as much as 10% of the population over the course of a lifetime.

As a podiatrist in Newport Beach, I work extensively with individuals suffering from plantar fasciitis and other heel and ball-of-foot pain conditions. Fortunately, the relief, treatment and recovery of most foot-related pain is relatively conservative and includes stretching, introducing an anti-inflammatory regimen, and arch supports.

### **Stretching:**

My Cabinet Stretch is the simplest of all stretches for plantar fasciitis and requires no special knowledge or equipment. This stretch should be done two or three times a day. It was developed with maximum convenience in mind. This stretch can be performed while brushing your teeth or washing the dishes.

Simply stand in front of your bathroom or kitchen sink. Open the sink cabinet door in front of you. With shoes on, preferably tennis-type shoes, place the front of each foot on the ledge, while simultaneously keeping both heels on the floor. Perform this stretch while standing in an upright position. Note, the closer your body is to the sink and/or the more your feet rest on the ledge the better the stretch. Hold this position for thirty seconds at a time. Take a short break between sets. Repeat five times.



I guarantee you will stretch the calf muscles, Achilles tendons and plantar fascia ligaments like you have never experienced before. This is an easy, safe stretch.

### **Anti-Inflammatory Regimen**

I like to combine two treatments: ice and medicine. It is important to externally cool down the inflamed area. After exercise or at the end of the day apply an ice gel pack onto the heel area. The cold pack should be applied on and off for approximately fifteen minutes.

Secondly, I recommend taking the anti-inflammatory medication Aleve. This recommendation is based completely on the positive therapeutic effects that I have witnessed in my practice. Take two pills in the morning and two at night. Anti-inflammatory medication should be continued for at least one month or until all symptoms are gone. Remember to take your pills with a meal.

### **Supporting the Arch**

Arch supports and taping of the foot are the most common methods of adding support to the foot. Over the past decade, I have perfected and patented an anatomically-based device that will fit virtually every foot and shoe. This banding arch support relieves most heel and plantar fascia pain instantly.

FABS (Foot Arch Band Support) works in principle like a tennis elbow or patellar tendon splint but has taken the concept to a new level with an advanced patented design. FABS are comprised of a highly engineered compression band that is cushioned with butter-soft foam. This band is strategically placed to remove or reduce the pull of the ligaments off the bones and insertion points thus delivering relief.

Additionally, a shiatsu-like pressure point pad has been incorporated onto the compression strap; applying pressure exactly where it is needed. This blue pad is carefully lined up so it will abut the imaginary longitudinal, dividing line of the foot while maintaining the pads position just in front of the heel. Since plantar fasciitis and heel spur pain are always located on the inside half of the foot the exact placement of the pad in relation to the foot is essential. This precise positioning directly reduces the pull of the medial band of the plantar fascia.

#### **FABS**

- Work in virtually any shoe, slipper, sandal and best of all... barefoot. One size fits all
- Latex free
- Non-slip
- Hand-washable, breathable and durable

In summary, if you follow this easy three step program you will be well on your way to reducing the debilitating effects of heel spur syndrome.

For more information, visit [www.drroths.com](http://www.drroths.com) or contact (949) 646-8413.

Dr. Roth's office is located at 351 Hospital Rd. Suite 407, Newport Beach. Appointments can be made by calling 949-650-1147.

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