

AMERICA'S #1 FOOT PROBLEM

Plantar Fasciitis

Plantar Fasciitis, also known as Heel Spur Syndrome can be described clinically as heel and/or arch pain accompanying the first steps in the morning or after sitting. Briefly stated, the foot is painful when you first stand up.

The anatomical mechanism for the pain is as follows: there is a thick banded ligament on the bottom of your foot called the plantar fascia. This ligament is continuous with the achilles tendon. These two structures can be thought of as one. (see picture below)



As a person sleeps their feet are in a relaxed, non weight bearing position and the arch is at its maximum height. When a person stands up the feet flatten and the shortened plantar fascia on the bottom of each foot stretches; thus pulling at its attachment. (see picture below)



The pain felt is the ligament tearing/pulling on the heel bone. The pain usually subsides as the ligament stretches out; most commonly after walking.

Treatment Steps:

- 1) Stretching
- 2) Anti-inflammatory regimen
- 3) Supporting the arch

Stretching

Another area of debate is how to stretch and what muscles, ligaments and tendons to stretch. I have found over the years that patients respond positively to treatment plans that are simple to perform and easy to understand.

A 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, 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 three 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 15 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.

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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. (see photo right)

FABS can be worn 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 short, trust FABS to provide support and relief to your tired, achy and painful feet. You have nothing to loose, but the ouch!



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

Dr. Roth is a Board Certified Podiatric Surgeon located at 351 Hospital Road #407 in the Newport Medical Center directly across the Street from Hoag emergency room.

For more information visit DrRoths.com or call 949-650-1147 for an appointment. 

