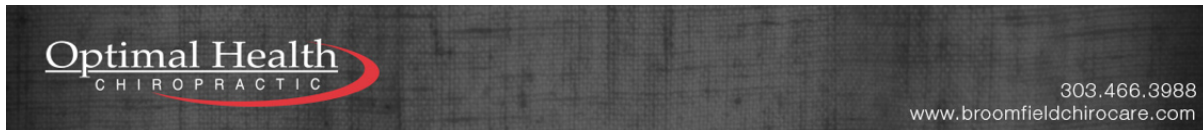


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Plantar Fasciitis: A Real Pain in the *Foot*



We often see trends in our office, where we'll get a lot of one common ailment from many patients in a short period of time, and lately we've been seeing a lot of Plantar Fasciitis. We thought this might be the perfect time to explain exactly what this is and what you can do about it!

Plantar Fasciitis is one of the most common causes of pain in the heel and arch of the foot. Plantar fasciitis is caused by inflammation of the tissue that runs across the bottom of the foot. The role of this tissue is to connect the heel bone to the bones of your toes. Plantar fasciitis is more likely to be bothersome in the morning when first waking up, when standing for long periods or when standing up after sitting for long periods. It is likely that when the tissue is not actively moving the pain will increase when movement occurs. Pain should decrease as movement begins.

Although the cause of plantar fasciitis is not well understood, it most likely occurs from tension on the fascia causing small tears repeatedly. Over time the small tears become inflamed causing irritation. It is more common in people who are runners, people who recently started exercising again, or people that have experienced weight gain. Occupations that require workers to stand or walk on hard floors for long periods may also contribute to developing plantar fasciitis. Misalignment of the bones that form the arch, the heel and toes may also cause inflammation of the plantar fascia

Symptoms of plantar fasciitis are a stabbing pain in the bottom of the foot typically more towards the heel. The pain is usually worse after long periods of inactivity such as sleeping or working at a desk.

So what can you do about it? Chiropractic treatment of the bones of the feet and ankles may help to decrease recovery time and relieve heel pain. By adjusting the foot or heel the pressure on the plantar fascia may be released allowing for quicker recovery. Chiropractors can also utilize stretching and soft tissue therapy to relieve pain. Kinesiotaping (also called "RockTape" in our office) by a chiropractor may relieve pain quickly while treatment stabilizes the area long term.

If untreated plantar fasciitis may cause chronic heel pain that limits activity later in life. Changes in gait patterns may cause compensations in the pelvis and spine which could cause permanent spinal alignment changes. These changes could manifest as back pain later in life.

While most patients traditionally think of visiting me for their back pain or neck pain, don't forget to ask me about that pain in the foot next time you're in!

- Dr Chris



February Holiday Hours



Which Comes First?

February Holiday Hours

Just a reminder that our chiropractic office will be closed on Monday, February 21st for President's Day. If you're a Monday regular, book online to grab that alternate day to get your adjustment in!

Direct link to schedule: optimal-health-chiropractic.booksy.com

Which Comes First?

One of the benefits of getting massage in our office is that you can usually sync up your massage session with an adjustment.

Many patients ask if it's better to get adjusted before or after your massage? It's always a great idea to ask Dr Chris, but if you're at home trying to get your schedule figured out, there is a good rule of thumb to consider. If you are very tense and difficult to adjust, get massaged before to help those muscles relax or if you are looking to have your adjustment stay in place longer, get your massage after your adjustment.

Either way, sounds like a great self care day to us!

Schedule your next massage: <https://www.massagebook.com/biz/OptimalHealthMassageTherapy>

Schedule your next adjustment: optimal-health-chiropractic.booksy.com



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