



# Holladay Physical Medicine

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[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## *Plantar Fasciitis*

### **What is plantar fasciitis?**

Plantar fasciitis is the most common cause of heel pain. It occurs when the long, flat ligament on the bottom of the foot (plantar fascia) stretches irregularly and develops small tears that cause the ligament to become inflamed. Plantar fasciitis is a common problem among middle-aged adults and some athletes.



### **What causes plantar fasciitis?**

Some people are more prone to plantar fasciitis because of certain biomechanical factors such as walking with an inward twist or roll of the foot (pronation) or having high arches or flat feet. These factors lead to small tears, resulting in inflammation of the ligament and heel pain. Repetitive activities, being overweight, or wearing bad shoes can also aggravate or contribute to the inflammation of plantar fasciitis.

### **What are the symptoms of plantar fasciitis?**

The most common symptom of plantar fasciitis is heel pain when taking the first steps after getting out of bed or after sitting for a long time.

Stiffness and pain may lessen after taking a few steps but often worsen as the day progresses. Pain may be most intense when climbing stairs or standing on your toes or after long periods of standing.

### **How is plantar fasciitis diagnosed?**

Your doctor will diagnose plantar fasciitis by doing a physical examination of your foot and taking your medical history. X-rays may be used if a stress fracture, bone cyst, or other foot and ankle bone problems are suspected.

### **How is plantar fasciitis treated?**

Treatment options include ozone injection, rest, ice, stretching exercises, electrical stimulation, cold laser therapy and manipulation of the bones of the foot and ankle and shoe inserts (orthotics) if all else fails. If inflammation persists, a short round of anti-inflammatory drugs may be necessary. Supplementation with a good calcium/magnesium combination is also crucial to the repair and healing process. Treatment may take a few weeks to relieve heel pain but is usually successful in relieving the inflammation and pain of plantar fasciitis, especially if started at the first sign of symptoms. Surgery is usually not necessary.

If not treated, plantar fasciitis can cause constant heel pain while standing or walking.

## **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **NUTRITION AND SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

### **GENERAL DAILY SUPPLEMENTS**

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

### **SPECIFIC FOR THIS CONDITION**

- Biost
- Glucosamine Sulphate
- Ligaplex II
- Calcifood

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

## **HOME REMEDIES AND MEDICINES**

After the first 1-3 days when you should be using 5-8 minutes of cold packs, utilize moist heat packs on a daily basis during the first phase of treatment. 15 minutes is the maximum therapeutic dose for heat in this condition. The application may be repeated with at least 15 minutes of non-heat rest in between. This will help relax tight muscle fibers and bring blood to the region. Hot tubs and baths with Epsom salts provide temporary relief.

The use of over-the-counter medications for pain and inflammation may be seen as necessary at first depending on your pain level and tolerance. Understand that we depend on your natural immune response to function well in order to heal this disorder. Some pain relievers and most anti-inflammatory medications shut off the inflammatory response which is what triggers your body's immune response mechanisms. If you need pain medicines of any kind to continue to function or to be able to do the exercise routines we have recommended, use good judgement in when you use them. We strongly suggest you consider ice packs for 5-10 minutes for pain relief and mechanical positioning of the injured areas to relieve pressure and pain. The more you are able to do these procedures and avoid medications, the faster your immune response will be effective and the sooner you will be out of pain and begin healing. The sooner you can stop taking pain medication, the better it will be for your healing.

## **EXERCISES:**

Exercises should be specific, performed at the right time and in a particular order. They should be simple and aimed at pain relief and stabilization at first. Seek advice from your chiropractic physician on when to do these exercises and how often. When performed correctly, rehabilitation exercises can be the key to avoiding multiple episodes of pain and maintaining the function of the muscles and joints.

Our goal here is to have you begin exercises as soon as the joint mobility has been restored sufficiently. Consistent and proper exercise rehabilitation will shorten your treatment time and help reduce recurrence of the same disorder.

We offer a video training featuring exercises specifically designed and proven effective if properly performed for the rehabilitation of this condition. These video files are available on our web page at [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) ---follow that link, then the exercise pulldown menu at the top center of the home page, choose therapeutic and then scroll down to:

Foot, Ankle

and perform them daily as soon as you can work it into your schedule. Along with the physical medicine we have recommended, it is the regular performance of these exercises that will get you well and keep you well.

## **MAINTENANCE:**

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

## **OTHER INFORMATION:**

We offer a wide variety of health information at our web site. [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.