

Dwight Pain & Injury Center

160 E. Main St. Dwight, Illinois 60420 (815)584-2225 www.DwightChiropractor.com

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(815)584-2225

Dr. Michael Smith DC, DACRB

Affordable chiropractic Care

**Physical Therapy performed by the
Chiropractic Rehabilitation Physician**

Experience the Chiropractic Difference

Rehab, Relief, Recovery

Chiropractic treatment of: **PLANTAR FASCIITIS**

A common pain in the foot is caused Plantar Fasciitis. The pain typically starts at the front or bottom of the heel bone and is worse with running and walking, especially upon taking the first few steps in the morning. A "heel spur" may develop as a result of prolonged plantar fasciitis. This condition typically involves dysfunction of the foot joints, particularly the heel bone, and the muscles and connective tissues of the foot and ankle.

Manual chiropractic adjustments, stretching of the foot and ankle, and physical therapy modalities such as, ultrasound and therapeutic exercises, can improve foot function and bring about relief. In some instances, custom made foot orthotics are required to remedy the plantar fasciitis long-term.

If you suffer from plantar fasciitis or other leg or arm pain, consider an expert chiropractic evaluation today.

For **Help** with your **pain** and **activity limitations**, consider **DP&IC** today.

This information is to educate and inform, and is not a substitute for the advice of a licensed health care provider. Seek prompt attention for any specific health issue, or before starting an exercise and/or diet program.

Call (815)584-2225 today for appointment. Visit www.DwightChiropractor.com for more.

Dr. Michael S. Smith DC, DACRB, CCEP, CSCS

Affordable, Convenient, & Prompt