

## **PLANTAR FASCIITIS... really?**

The plantar fascia is a thick band of connective tissue that connects the heel to the toes. It supports the arch of the foot and plays an important role in foot function. A lot of foot pain is attributed to inflammation of the plantar fascia – AKA plantar fasciitis.

The interesting thing is that scientific and medical studies have shown that, in most cases of plantar fasciitis, there is nothing wrong with the plantar fascia. So where is the pain coming from then?

Good question...

In roughly 85% of cases, the pain of plantar fasciitis is



“referred” pain from the soleus and gastrocnemius of the calf.

The issue with the calf is part of a larger muscle imbalance existing between the calf, thigh, and hip. At the Hadley Clinic, we regularly see patients who have tried several treatments for their foot with no results. But when we start working on the ‘right’ places, those people get better quickly.



Here is a testimonial of a runner who came to the Hadley Clinic because of his foot pain:

*“I came to the Hadley Clinic for a workshop in desperation. I was fully convinced my long runs were over for the season, as I had been suffering from severe foot pain from plantar fasciitis for weeks.*

*Podiatrists and other physical therapists were recommending shots and other things I wasn't willing to do. My training was at a stand-still and the marathon was looking like a lost cause.*

*"Scott was not only totally optimistic and kind, he was completely behind me on my decision to do these runs barefoot. Rather than try to convince me to do 75 sessions with him or put on orthotics, he worked on my leg, gave me a set of tools that I could use on my own and had me running again in under a week. By the end of that week I was back on track and completed my 18 mile training run. I couldn't have done it without him. Any serious runner would do well to have Scott in his or her corner." -John J.*