

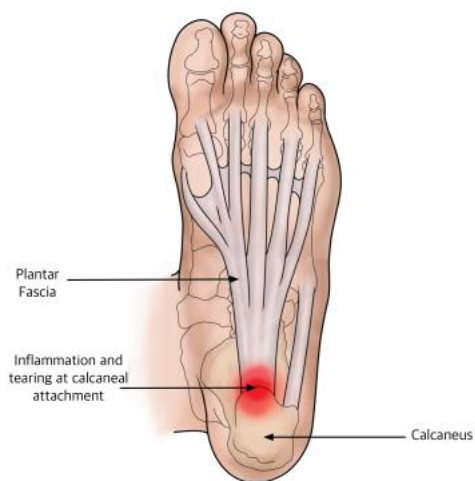
# Plantar Fasciitis

**Plantar Fascia Overview** The plantar fascia is a thick ligament that stretches from the heel bone to the toes, forming the arch of the foot and acting as a shock absorber. This structure extends into five bands that insert into the base of each toe. The plantar fascia can be affected by various factors, such as having arches that are too low (leading to excessive motion) or too high (leading to insufficient motion). Overuse and tightness of the plantar fascia can cause small tears, resulting in inflammation, swelling, and pain in the heel or the bottom of the foot.

**What is Plantar Fasciitis?** Plantar fasciitis is the inflammation of the plantar fascia, typically resulting from overuse or stress on the ligament.

## Risk Factors

- Running and other high-impact athletic activities
- Prolonged standing or weight-bearing
- Obesity
- Limited ankle mobility
- Occupations requiring long periods of standing or walking
- Excessive pronation (foot rolling inward)
- Tight calf muscles
- Wearing worn-out shoes



## Symptoms

- Pain in the bottom of the foot near the heel, especially when weight-bearing
- Increased pain during the first steps after waking up or after long periods of sitting

**Treatment** In our office, we offer a comprehensive approach to treating plantar fasciitis, including:

- **Chiropractic Adjustments:** Realigning the bones of the foot and ankle to improve function and reduce stress on the plantar fascia.
- **Shockwave Therapy:** Using acoustic waves to stimulate healing and reduce pain and inflammation.
- **Therapeutic Exercise:** Focusing on exercises that strengthen and stretch the plantar fascia, Achilles tendon, and lower leg muscles.
- **Supplements:** Including Ligaplex I, Boswellia Complex, Cyruta Plus, and Blackcurrant Seed Oil to support ligament health and reduce inflammation.
- **Ice:** Applying ice to the affected area to reduce inflammation and pain.

### Prevention Strategies

- Perform exercises to strengthen and stretch the toes, feet, and lower leg muscles, especially the Achilles tendon.
- Use self-myofascial release techniques such as foam rolling or massaging the feet with a tennis ball regularly.
- Wear supportive footwear and consider getting fitted for custom orthotics.
- Maintain a healthy weight to reduce stress on the feet.
- If you are a runner, alternate running with lower-impact sports like swimming or cycling to minimize stress on the feet.
- Undergo a Functional Movement Exam with an Injury Risk Assessment to identify and address potential issues that could lead to increased risks of developing injuries like Plantar Fasciitis.

By following these guidelines, you can manage plantar fasciitis effectively and prevent its recurrence.



*Dr. James Myers, DC*  
**MOVE - ADAPT - LIVE**

275 Carpenter Drive, Suite 209 - Sandy Springs, GA 30328  
Schedule: (404) 255-4410  
[www.DrJamesMyers.com](http://www.DrJamesMyers.com)