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Print for Yourself & Friends!

(815)467-0656 Minooka

(815)584-1100 Dwight

Dr. Michael Smith DC, DACRB

Cash or Credit Fee Schedule

\$25 Exam

\$30 Spinal or Extremity Adjustment

\$35 Acupuncture

\$25 Massage \$10/\$30 Dry Needling

\$175 Custom Foot Orthotics

Walk-In, No Appointment

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 custom foot orthotic supports can improve foot function and bring about relief of foot pain. In some instances, custom made foot orthotics are required to remedy the plantar fasciitis long-term (**SEE FOOT ORTHOTIC SUPPORTS HANDOUT**).

If you suffer from plantar fasciitis or other leg or foot pain, consider an expert chiropractic evaluation today at Chiro25,Ltd to see if we can get you back on your feet today.

For **Help** with your **pain** and **activity limitations**, consider **Chiro25** 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.

Stop by today or visit our website at www.MyChiro25.com for more practice info.

Michael S. Smith DC, DACRB, CCEP, CSCS

Affordable, Convenient, & Prompt