

What is plantar fasciitis and how can chiropractic help?

Do you feel pain on the bottom of one or both of your feet when you step out of bed in the morning? Or when you have been on your feet all day? You may be dealing with a painful inflammatory condition known as plantar fasciitis. Plantar fasciitis is caused by excessive wear and tear to the fascia of the foot. This can occur for several different reasons:

1. The arches of the feet are high or are flat.
2. There is abnormal pronation of the feet, meaning they roll inward while walking.
3. Excessive weight gain over a short period of time.
4. Walking or standing for long periods of time on hard surfaces.
5. Footwear is worn out or not giving proper support.
6. Achilles tendons or calf muscles are too tight.

Most people with plantar fasciitis have pain when they take their first steps out of bed in the morning or after they have been sitting for long periods of time. This is primarily because the fascia has tightened up (contracted) during those periods of rest. Many of the symptoms lessen as they move around and loosen the fascia.

Diagnosing plantar fasciitis is relatively simple with a past history of illness or injury, when and where the symptoms occur, and what types of physical activity are performed on a daily basis. Your doctor should check your gait and the position of your arches while you are standing.

Several different treatments have been effective, even though it typically takes at least six months to resolve all of the symptoms. Plantar fasciitis does have a good long-term prognosis generally. Treatments that have been effective include:

1. Chiropractic adjustments of the feet and ankles
2. Stretching the Achilles tendon and plantar fascia
3. Resting, limiting the activities that seem to aggravate the condition
4. Cold compression or ice massage
5. Arch supports or heel lifts, possibly getting new shoes
6. Therapeutic ultrasound

A chiropractor can help with each of these treatments, as well as aligning your spine. When you are looking for a chiropractor, make sure to ask if they work with extremities. Some chiropractors only work with the spine. Your feet are your foundation and when they hurt, the rest of your body is affected.