



Body Awareness

Physical Therapy

The Body Beat

Fall 2003

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Number Four



Plantar Fasciitis

Many of us have experienced severe heel pain while taking the first few steps out of bed in the morning. This intense pain is known as plantar fasciitis. This condition occurs when the thick tissue, or fascia, across the bottom of the foot is strained, creating an inflammatory process. The initial pain can be easily treated, however if irritated again and again it can become a chronic problem that may require more advanced treatment.

The plantar fascia begins at the base of the heel and travels the length of the foot to the toes. The fascia supports the natural arch of the foot along with several ligaments. The base of the heel also serves as the attachment for the Achilles tendon. For this reason, calf tightness results in a strain of the Achilles tendon which then produces additional force on the plantar fascia.

Common symptoms associated with plantar fasciitis are severe pain in the

morning that eases throughout the day and worsens again in the evening, pain at the base of the heel and tenderness to the touch along the arch of the foot.

There are many reasons for the development of plantar fasciitis. Several factors may contribute to foot pain such as sudden weight gain (pregnancy) or being overweight, increases in walking or running without proper conditioning and poor footwear.

Eliminating the inflammation from plantar fasciitis is important, although to avoid chronic foot pain it is important to identify the primary cause of the injury. Many methods of treatment are available depending upon the extent of the problem. Physical therapy can help decrease the acute symptoms and also determine the need for additional interventions to eliminate future pain. Methods of treatment include muscle re-education for proper foot mechanics, soft tissue mobilization for scar tissue and

What's Inside	
Anatomy Corner.....	2
Graduate of the Month.....	2
Community Corner.....	3
Healthy Hints.....	4

modalities such as ultrasound to decrease inflammation.

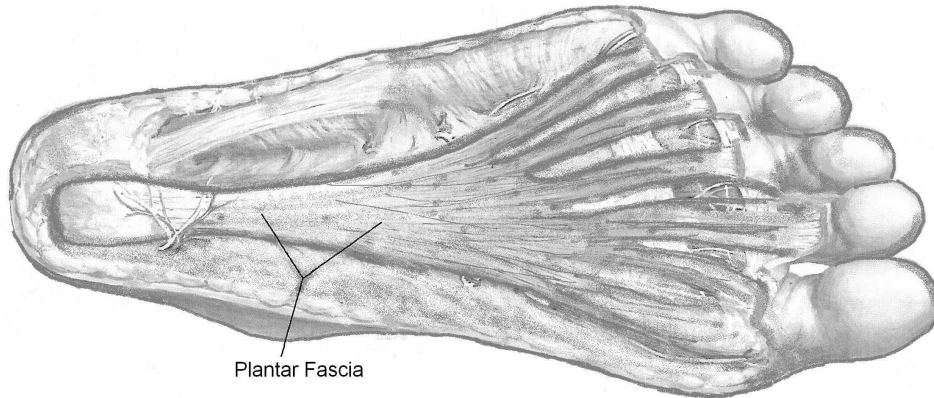
Advanced interventions include molding custom inserts for arch stability, night splinting for calf muscle lengthening and cortisone injections to eliminate chronic inflammation.

Self-treatment methods are also important to minimize the length and severity of their fasciitis. Consider weight loss with non-weight bearing activities such as swimming, wearing footwear with good arch support and cushioning, frequent stretching of the calf muscle, and the use of ice with anti-inflammatory medications (Advil, Aleve).

The prevention of plantar fasciitis is always better than finding a cure. Look to our Healthy Hints on page 4 to avoid this unnecessary injury.

ANATOMY CORNER

The Plantar Fascia



The plantar fascia originates from the base of the heel and travels the length of the foot to the toes. This lends support to the natural arch of the foot along with several ligaments.

Picture: *Atlas of Human Anatomy*, Frank H. Netter

BODY AWARENESS GRADUATE OF THE MONTH

Graduate of the Month: Mimi Beck

I injured my knee going down bleacher stairs at my Granddaughter's graduation. After the ER, Ortho consults, MRI and subsequent surgery, physical therapy was the next step. Initially I chose Body Awareness because it is close to home and I stayed with Body Awareness



because of their commitment to my recovery. The individualized, personal care I received inspired me to do the things I needed to do for a full recovery. Thank you Chrissie, Audra, Rebecca, Catherine, Gabe & Kristina!

Mimi Beck

Community Corner

Body Awareness Physical Therapy
is proud to announce the opening of our second location
coming to San Clemente in January 2004!

Located in a brand new medical building!
1031 Avenida Pico, Ste 201 San Clemente
Telephone (949) 366-3362 Fax (949) 366-3352

Services will include:

- ◆ Physical Therapy
- ◆ Orthopedic Rehabilitation and Sports Injuries
 - ◆ Women's Health/ Pelvic Pain Specialist
 - ◆ Hand Specialist
- ◆ Pilates Personal Training
- ◆ Massage Therapy

*We pride ourselves in being able to provide you with
individualized one-on-one treatment by a highly trained staff.
Thank you for all your support and referrals.*

Have a question for our **Q'N'A** column or a suggestion on
what you would like to see in the Body Awareness *Body Beat*?

Please contact us at...

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Healthy Hints

To Help Prevent Plantar Fasciitis:

- ◆ **Maintain proper calf and foot flexibility.**
- ◆ **Purchase new shoes every 3 months to a year depending upon activity level.**
- ◆ **Maintain a healthy weight for your body type.**
- ◆ **Increase your body awareness for proper foot positioning with activities such as standing, walking and running.**



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