



Plantar Fasciitis and Chiropractic

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Plantar Fasciitis typically causes a stabbing pain in the bottom of your foot near the heel and is caused by inflammation or tears to the long, flat ligament along the bottom of the foot, called the plantar fascia and also in the achilles tendon just above the heel. There are certain risk factors associated with this condition, most likely occurring for individuals between the ages of 40-60. If ignored, it can lead to more serious long-term problems than just foot pain, such as chronic pain and possible knee, hip, or back issues and worse yet a torn achilles tendon.

One of the problems with Plantar Fasciitis is that it causes the ligaments and tendons in the foot to be inflamed and shorten. As you rest at night your body heals and if your foot is flexed down like it normally is those soft tissues start to heal in the shortened length. So, when you stand up in the morning you re-tear those tissues and they cannot heal completely.

Dr. Shoemaker and Dr. Alex can check the alignment of the foot. Proper alignment helps take the stress off the ligament, which will allow it to relax. They will also coach you on the proper devices and icing techniques for home therapy to allow the foot to start healing in the lengthened position which will allow you to wake up each day without re-tearing and re-injuring your foot each day.

Not only will Dr. Shoemaker and Dr. Alex help manage the immediate pain, but their protocols with help teach you what to do to not further your injury. Keeping the spine well adjusted, allows for more effective communication between the brain and the rest of the body. This will minimize your pain and any abnormal postures from having plantar Fasciitis.

[Clairpointe Family Chiropractic 18720 Mack Ave, Suite 120, Grosse Pointe, MI 48236 \(313\)886-8030](http://www.clairpointe.com)