



# The Physical Therapy Specialty Center

A Division of Primary Care Partners

Call for an Appointment Today – 970-241-5856

## Got Foot or Heel Pain? Therapy Can Help!



### DO YOU HAVE THESE SYMPTOMS?

- Pain in the heel or arch of the foot
- Pain with first few steps in the morning
- Pain after extended amount of activity
- Onset of pain without a known cause
- Feels like you are walking on a pebble in your shoe

These symptoms are often linked to a diagnosis known as Plantar Fasciitis (Fashee-Eye-tiss). Plantar Fasciitis is an inflammatory process that occurs in the connective tissue, which supports your arch.

Left untreated it may become a chronic condition, which may prevent you from maintaining the same level of activity or even keep you from your favorite sport or activity. It may also cause you to develop hip, knee, or back pain.

### WHAT CAN I DO?

Here are some simple things you can try at home to alleviate the pain:

- Avoid walking or weight bearing exercises, but try the recumbent bike or elliptical as cardiovascular options to stay active
- Ice – you can freeze a water bottle and roll it under your arch for 5-10 minutes
- Stretching your calf is helpful
  - Sit with the sore leg stretched out in front of you
  - Wrap a towel around the ball of your foot and hold each end in your hands
  - Gently pull until a stretch is felt in your calf and hold for 30-60 seconds
  - Repeat 2-4 times each side



### HOW WILL THERAPY HELP?

#### Your Therapist Can:

- Find out what muscles are causing the pain and how to strengthen or stretch them properly
- Use high tech tools to breakdown scar tissue (techniques known as ASTYM, GRASTON)
- Use high tech equipment to relieve pain
  - Ultrasound
  - Iontophoresis
  - Electrical-stim
- Show you what you can do at home to walk without pain and get back to your favorite activities
- Fit you with customized, low cost arch supports (orthotics) to stabilize the foot while it heals

TIRED OF FOOT PAIN WITH EVERY STEP?  
CALL US FOR AN APPOINTMENT TODAY AT 970-241-5856!