

Heal Pain



Plantar Fasciitis, heel spurs are some names this problem pain goes by. Usually shows up when you wake up. Pain in the heel/arch of the foot/feet can be so bad you can barley walk. (Been there, done that) The pain usually subsides the longer you are using your feet. Take an x-ray and nothing shows up.

The pain emanates from a plantar fascia which shortened while you slept. The pain is usually in the heel where the plantar tendon attaches to the heel. Until the muscle lengthens, it feels like it is trying to tear itself off the heel or there is a sharp spur sticking your foot. The cause(s) for the shortening of the plantar fascia can encompass muscles all the way into the hips.

Self treatment sometimes works:

1. Stand on a tennis ball in different spots that hurt on the bottom of your foot for about 30 seconds in each spot. Do this for 5 minutes
2. Now place that foot in a five gallon bucket of hot water for five minutes while you use the tennis ball on the other foot.
3. Repeat steps 1 & 2 for a total of one hour.
4. Repeat every other day for a week
5. See me, if this doesn't work.

Treating the involved muscles using the SLM technique will give you substantial relief in 2-3 appointments.