

New Hope for Foot Pain Sufferers

Have you ever crippled to the bathroom during the night or early hours with an intense pain in your heel. If so you are not alone. Many people suffer from the same pain; some for weeks, some for months and sometimes even years. Understanding this pain is the key to treating it.

The Plantar Fascia is a thick band of connective tissue that attaches at the heel and stretches to the metatarsal bones of the forefoot on the bottom of your foot. It has an important use in supporting the arch during weight bearing. The plantar fascia comes under tension when standing or walking, and then relaxes when sitting or lying down for a period of time. When it is inflamed the tension associated with standing or walking can cause intense pain. It is the “under tension then relaxation” function of the fascia which explains the characteristic pain – first upon rising in morning or after a period of sitting. It is generally considered diagnostic of Plantar Fasciitis, a common and debilitating foot disorder.

Symptoms

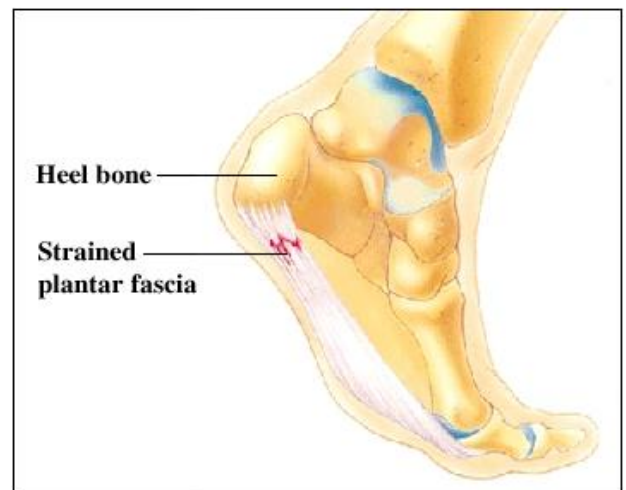
- Heel / foot pain on rising in the morning, after sitting or resting

Causes

- Poor foot biomechanics (excessive pronation or supination, muscle imbalance)
- Flat feet
- High arched feet
- Obesity or sudden weight gain
- An increase in intensity or duration of exercise
- Poorly fitting, non cushioning footwear
- Change in walking/running surface
- Prolonged standing

Treatment

- Avoid activities that irritate the plantar fascia, such as walking barefoot on hard surfaces
- Exercises to stretch the plantar fascia



- Massage the fascia by rolling the foot over a firm tube, soup can or golf balls
- Orthotics to improve foot biomechanics
- Choose appropriate footwear for your foot type with arch support
- Modify your exercise program
- Ice
- Stretch the plantar fascia prior to standing, after sleeping or prolonged sitting
- Cortisone injection
- Therapeutic modalities such as ultrasound and TENS
- Low Intensity Laser Therapy

Low Intensity Laser Therapy has been around for over 50 year. Recent advances in engineering and the incorporation of computers into the technology has increased the success rates and has offered **new hope** to pain sufferers.

In 2009 Avalon Laser Health opened the first Bioflex Laser clinic in St John's. Bioflex laser therapy uses red and infrared light to stimulate the body's natural healing processes. Photons of light are absorbed on a cellular level. This light is transformed into biochemical energy capable of restoring normal cell function which results in an acceleration of the healing process. Patients with Plantar Fasciitis, being treated with Low Intensity Laser Therapy, have seen great success.

There are no known side effects. The only contraindications to laser treatment are use within the first trimester of pregnancy, or treatment over a malignancy.

Plantar Fasciitis can leave you in pain all day long. This is a treatable condition. Early intervention and following some of these recommendations can keep you pain free and on your feet!

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