

JERSEY CENTRAL

PHYSICAL THERAPY FITNESS

Physical Therapy and Heel Pain

There are several causes of heel pain. It can be the plantar fascia – a strong, dense band that supports the arch of the foot from the heel to the ball of the foot. When full weight of the body is concentrated on the ball of the foot, it flats the arch of the foot forcing the plantar fascia to stretch. This leads small tears, inflammation and pain of the plantar fascia. Repetitive stress may result in a bone spur.

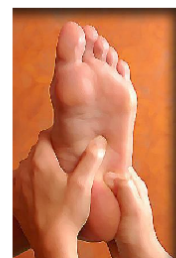
If Your First Steps Are Painful

Pain in the heel can occur due to bone spurs, inflammation of the plantar fascia (known as plantar fasciitis) or impingement of the small nerves in the foot. Pain occurs around the heel when weight is placed on the foot. This is usually worst with the first few steps after getting out of bed or after prolonged sitting. Prolonged standing, walking or getting up after long periods of sitting can also irritate the fascia and cause pain.



Common causes of heel pain include:

- Excessive running or jumping
- Overload of physical activity (especially for athletes)
- High arches, flat feet, abnormal gait
- Wearing improper shoes, sandals and flip flops
- Diabetes contributes to heel pain in the elderly
- Recent weight gain or pregnancy



Taking the Right Steps to Relieve Heel Pain

In most cases, plantar fasciitis can be treated conservatively. However, every individual heals at a different pace. If you suffer from heel pain, the first thing you need to do is determine the cause. For example, you may need to replace your old, worn out shoes. You may need to rest if there has been a significant increase in your activity levels.

Patients with plantar fasciitis are commonly referred to us to help you reduce pain and inflammation allowing you to resume daily activities without pain. Our physical therapy usually includes manual techniques, therapeutic taping, modalities, therapeutic exercises including stretching, modifying your activities, replacing your shoes, prescribing insoles to reduce the tension off the plantar fascia. If your calf is really tight, we may prescribe a night splint (to be worn while you sleep). This will place a mild stretch on the calf muscles and the plantar fascia to reduce morning pain.

Call us Call our office today, and we'll help you take down the right steps of painfree recovery!

PLEASE CONTACT US FOR MORE INFORMATION:

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