

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

Last week I discussed the nature of plantar fasciitis as a common cause of foot and heel pain. The best way to avoid this condition is to maintain a healthy weight and wear proper fitting and supportive shoes especially when exercising or working on hard surfaces such as tile or concrete. Most often this condition begins with fallen arches of the feet. To check for fallen arches, stand up straight while looking straight ahead and have someone on the ground looking at your feet. They will be looking to see if the achilles tendon on the back of the heel is bowed instead of straight up and down and they should feel if they can get 3 or 4 fingertips under the middle arches of your feet. They can also look for a bulging toward the inside of the heel. If any of this is observed, you should probably be checked by a chiropractor or podiatrist for orthotic (arch) supports.

If you already have plantar fasciitis, I would highly recommend custom orthotic supports immediately. Chiropractic adjustments of the feet and ankles often help. There are numerous stretches, taping techniques, therapies and exercises that should be performed to provide lasting relief. For more information on these treatments, I like the website heelspurs.com.

In dealing with plantar fasciitis remember that it starts as an annoyance, but can become a difficult and chronic condition very fast. So, listen to your feet and take good care of them!

– Dr. Geoff Walburn, D.C.

RIVERTOWN CHIROPRACTIC, LLC

812-273-HEAL (4325)

401 E. Second Street • Madison, IN