

Chronic Plantar Fasciitis / heel spur syndrome

Is a dis-ease of modern society

- Motion control shoes can bring it on by interfering with movement patterns and foot strike "stress"
- Does better, like most chronically inflamed and irritated connective tissue, when NOT STRETCHED. Instead concentrate on foot strengthening.
- Ironically frequently feels/does better with, either no heel elevation (also referred to as "drop") especially when arch becomes semi-weightbearing in a dynamic way—as per **BAREFOOTSCIENCE** foot strengthening insole.
- Is made worse by hard rubbers/plastics (as in both motion control orthotics and shoes).
- If the patient has this condition for 6 months+, they will frequently also have medial tibial stress syndrome

Responds well to rehabilitation techniques, not splinting.

- Stimulating circulation, lymphatic drainage, neglected postural muscles and proprioceptive mechanism
- Reducing peak forces at both heel contact and toe off.

Latter includes techniques to soften footstrike and reduce overstriding.

I use Kinesiotape, **BAREFOOTSCIENCE** foot strengthening insole system, dry needling, rocker/microwobbleboard footwear (e.g. Joya, Hoka, MBT, FitFlop) and minimalist sports shoes—Altra Zero Drop, Skechers Go Walk/Go Run, depending on the individual patients needs.

Usually it is a 2 visit only treatment with these effective techniques.