



Plantar Fasciitis

Do you feel sharp stabbing pain under your heel when standing up after prolonged sitting, or when getting out of bed in the morning? Do you find yourself looking in your shoe for that annoying pebble under your heel only to find nothing but your smelly foot.? Chances are you have plantar fasciitis, inflammation of a deep ligament like structure which supports the longitudinal arch of your foot. Although heel pads, and other shoe gadgetry can be helpful, the best treatment addresses biomechanical causes such as an over-pronated arch, leg length discrepancy, ankle stiffness, hip muscle weakness etc.