



# The Plantar Fasciitis Solution

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# Contents.

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Plantar Fasciitis .....	3
Symptoms of Plantar Fasciitis .....	4
Symptoms of Heel Spurs .....	5
Arch Dysfunctions .....	6
Other Causes of Heal Pain.....	8
Uneven Leg Length.....	9
Poor Body Mechanics Due To Foot Pronation can lead to a host of health disorders. ....	10
Weight Reduction.....	12
Diagnosis .....	13
Walking On Toes vs Heel-Toe Walking.....	14
Treatment.....	15
Orthotics and Heel Lifts.....	17
Side effects of Over the Counter and Prescribed Medications.....	19

# Plantar Fasciitis.

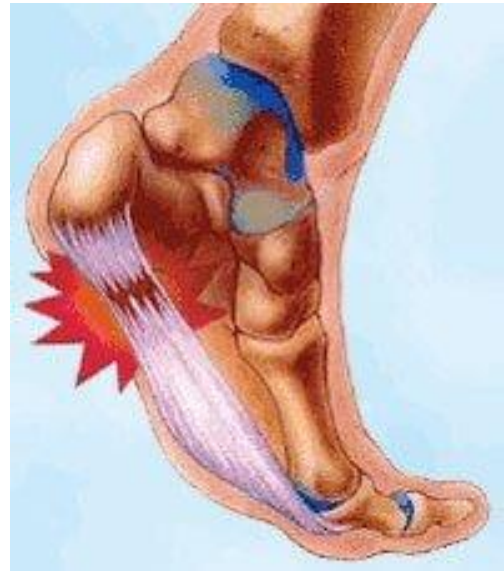
Plantar fasciitis and heel spurs are two of the most common complaints of heel pain. This condition affects people from all walks of life, especially athletes and people between the ages of 40 to 70. Plantar heel pain refers to pain on the sole of the heel, primarily involving a ligament-like structure called, “plantar fascia” that runs under the bottom of the foot and connects the heel to the front of the foot. The function of the plantar fascia is to support the arch of the foot.



***Over 90 % of people will recover from plantar fasciitis (by) following the treatment below.***

## Symptoms of Plantar Fasciitis

Those suffering from plantar heel pain commonly experience sharp-stabbing like heel pain in the bottom of the foot, commonly worse during the first few steps after walking, running, sitting-then-standing, or other types of activity. As you continue to walk on the affected foot, the pain commonly lessens. This pain may return at any time during the day especially after being sedentary or following activity. The most common causes of plantar fasciitis and heel spurs are poorly functioning feet and/or a poorly functioning skeletal system. Usually, only one foot is affected, but it can occur in both feet simultaneously.



Every year, approximately approximate 2 million people are treated for plantar fasciitis, not including those who are undiagnosed or people who choose not to seek professional help. The longer plantar fasciitis remains untreated, the harder it is to successfully overcome the problem. That's why early detection and treatment are essential for long term results.

I know how it feels to have plantar fasciitis. For many years during college and beyond, I enjoyed long distance running. Unfortunately, I began to experience heel pain that immobilized me. Going through this all-too-common problem myself, in addition to my thirty years of experience in natural healing, I developed a program to overcome plantar fasciitis, for myself and for countless others. Chances are you're reading this because you have been plagued with heel pain, too.

## **Symptoms of Heel Spurs**

Heel spurs are tiny deposits of calcium attached to the heel bone. These heel spurs can grow, without pain, over the course of many years before detected. Over time, as these heel spurs grow longer and larger, they may begin to prod the soft, fatty tissue of the heel. This can result in a stabbing sensation and/or intense heel pain more consistent and frequent than plantar fasciitis. If left untreated, heel spurs can progress, damaging other structures adjacent to areas of the heel.



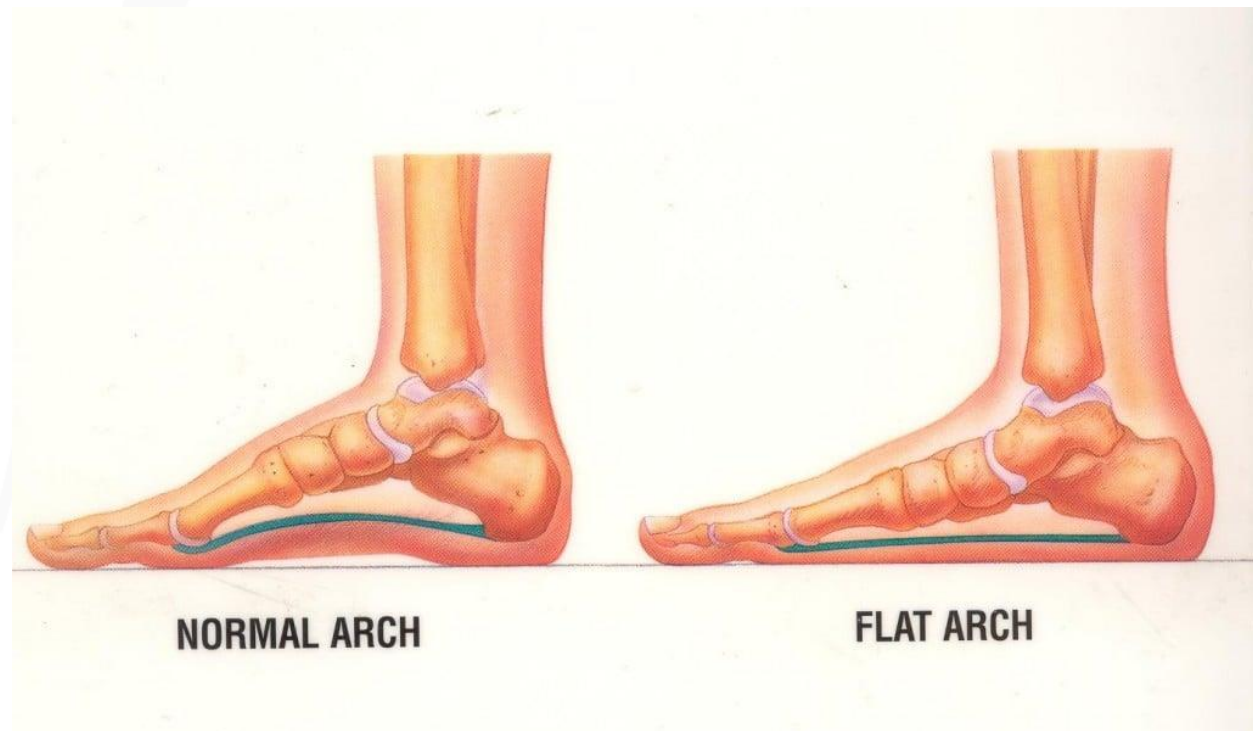
## Arch Dysfunctions

One of the most common causes of the pain is foot arch problems. People with flat feet or who have highly arched feet can both suffer an increased potential for this pain because the plantar fascia is abnormally stretched or tight to provide the shock absorption to the foot. Overpronation during walking and running will also cause the foot to flatten abnormally during activity.

Biomechanical problems of the foot can also lead to overpronation and stretching of the plantar fascia. These problems include ankle equinus (limited ankle motion), forefoot varus, leg length discrepancies and tibia vara (slight bow leg).

Long distance runners or people who suddenly change the amount of distance they are running - like runners, soccer players, basketball players or weekend warriors - are at risk for plantar fasciitis because of the sudden change in mileage or intensity.

Shoes that don't provide the proper arch support to the foot - especially for those who have flat feet - can increase the risk of developing the condition. Sudden weight gain like in pregnancy, or people who are overweight or obese will also have an increased risk of plantar fasciitis.

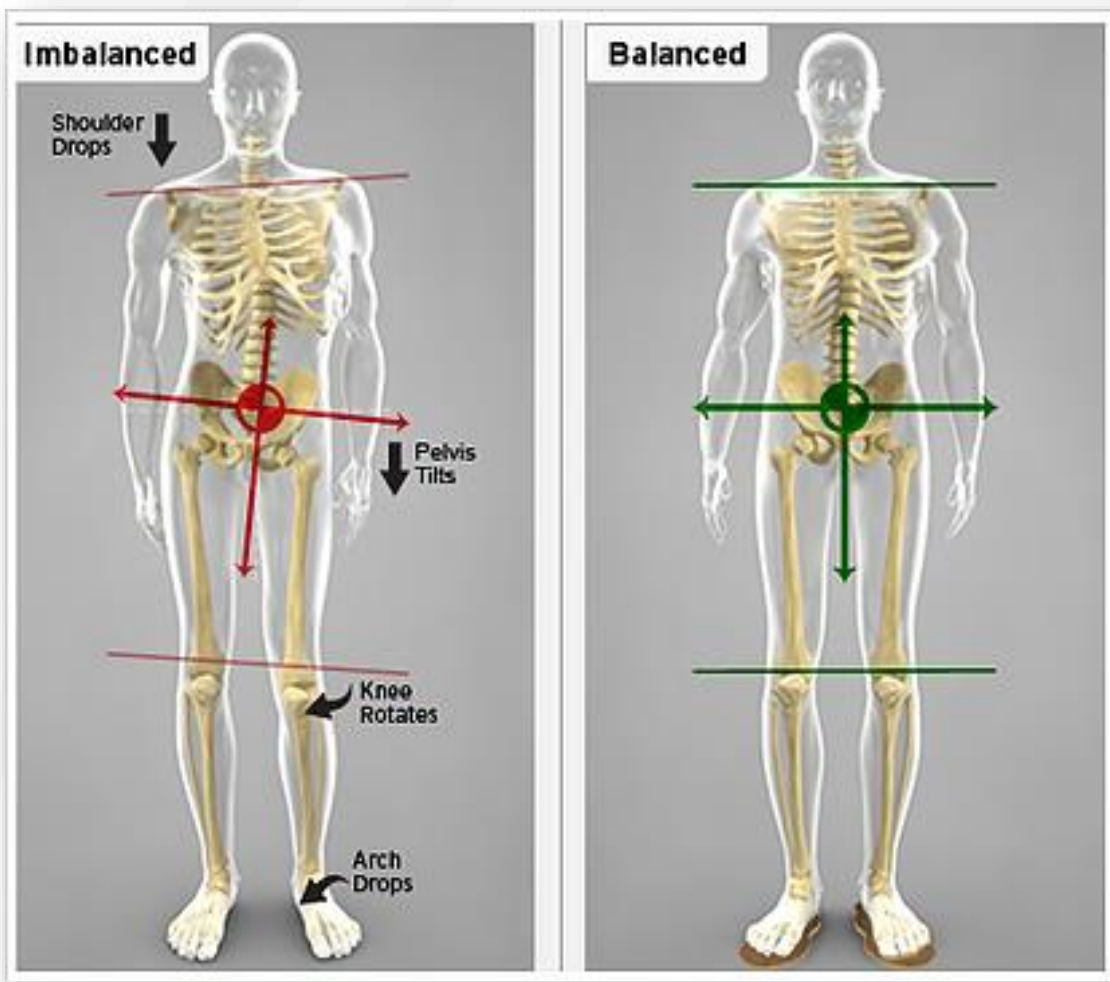


## **Other Causes of Plantar Fasciitis and Heel Spurs Are:**

- Improper foot mechanics
- Overuse or repetitive stress syndrome
- Spending long hours on your feet
- Sprains-strains
- Poor shoe support
- Tight Achilles tendon and calf muscles
- Unusual walking patterns (gait) or foot position
- Scar tissue
- Piriformis syndrome
- Curvature of the spine
- High impact exercises - jumping up and down
- Heel bone misalignment or restricted foot mobility
- Unequal leg length or short leg syndrome

## Other Causes of Heal Pain

When experiencing any type of pain, it is important to find the underlying cause before administering treatment. Some people are experiencing plantar heel pain unrelated to plantar fasciitis or heel spurs. These include nerve impingement, tarsal tunnel syndrome, posterior tibial tendinitis, Bakers neuropathy, medial plantar nerve compression, injury to the fat pad under the heel, plantar fibroma, tears and inflammatory conditions such as rheumatoid arthritis or osteoarthritis.





## Uneven Leg Length

An uneven pelvis caused by a short leg (leg length discrepancies) is one example. Uneven stress is put on one foot causing more weight on that foot, stretching the plantar fascia. This can create inflammation along the planter fascia, eventual pain, and even heel spurs. If this, often overlooked condition is not corrected, the plantar fasciitis reoccurs and eventually becomes chronic pain. By addressing this malfunctioning leg length discrepancy, long lasting relief and total recovery is possible. Research shows that a large percentage of the population has either leg length discrepancies, heel bone misalignments or both, and don't even know it. Our experience has found that leg length discrepancies are one of the most undiagnosed causes of plantar fasciitis and heel spurs.

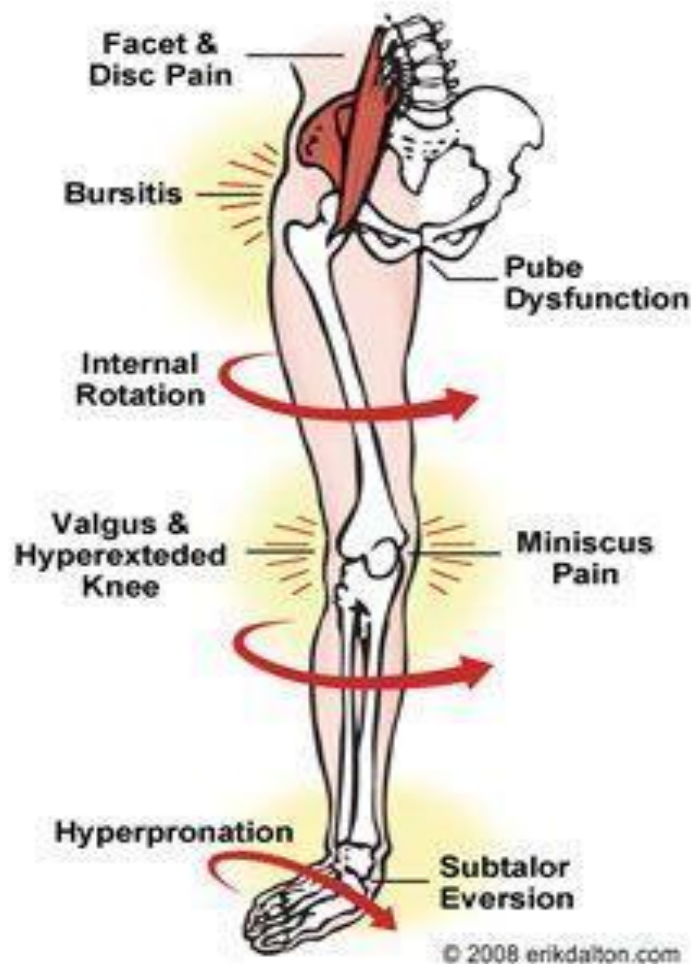
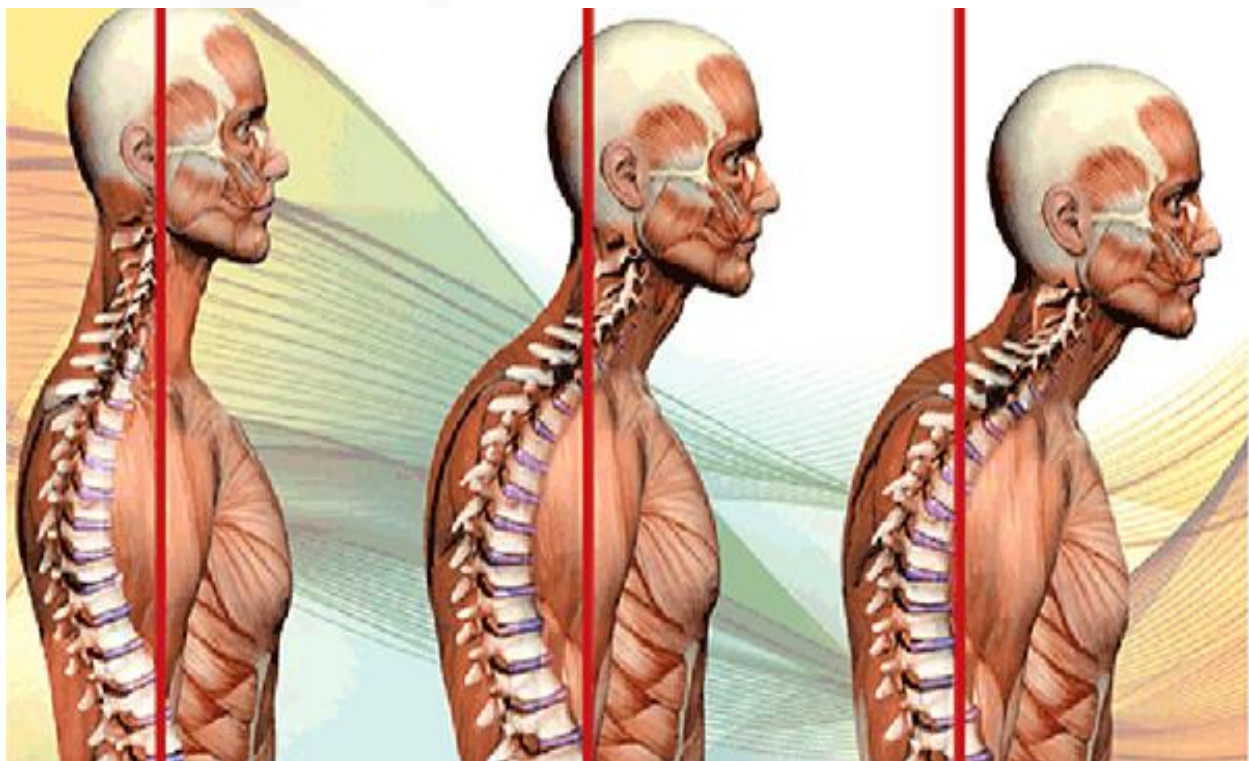


Figure 2 - Common Postural Imbalance

## Poor Body Mechanics Due To Foot Pronation can lead to a host of health disorders.

When a foot is pronated, the foot is rotating, turning inward and down with standing, walking or running. The foot turning inward and down stretches the plantar fascia, causing tension and eventual inflammation along the bottom of the foot. If left untreated, this can develop into plantar fasciitis, bone spurs, osteoarthritis, stress fractures, bunions and a number of other foot problems.

Stress from foot pronation can affect the knee and hip joint, grinding down the knee and hip cartilage, put pressure on the low back, resulting in disc and lower back pain.



**Forward Head Posture**

Furthermore, pronated feet can cause forward head posture, where the head is in front of the shoulders. Long standing forward head posture can be the source of neck pain, upper back pain, and tension type headaches

## Physical Ed Teacher Back In Action Conquering Plantar Fasciitis

As an athlete, physical education teacher, and soccer coach for over 20 years, I am constantly running and on my feet. Recently I developed plantar fasciitis. The pain started to bother me just in the morning and progressed to nearly all day long. A fellow runner who also had painful heel problems told me about Dr Gitto's Plantar Fasciitis program. He said he was cured within a few weeks and was running full throttle again, so I went to Dr. Gitto who took the time to examine my feet and body and put me on his program. After two weeks, I was able to stand and run with minimal heel pain. It took about three weeks to feel myself again and now I can do my runs, stand and coach soccer like I never had heel pain before.

**Thomas W.**

## **Weight Reduction**

People often experience plantar heel pain with weight gain. Being overweight sets the stage for extra stress on the feet and puts a person at greater risk of having plantar heel pain. Reducing weight can help alleviate the pressure on the bottom of the heel, aiding in healing and pain reduction. Weight loss can be difficult for some people. If necessary, we can assist weight loss with a weight loss program.



### **Running Coach Gets On The Road Again**

Dr Gitto helped to get me running again after having plantar fasciitis!

**Stephen H. - Runner and Coach**

## **Diagnosis**

To properly diagnose plantar fasciitis and heel spurs, a physical examine of your foot is performed by testing each foot in a non-weight bearing position, standing weight bearing position, heel and Achilles tendon alignment and foot positioning while walking. Additional tests evaluate posture, balance, muscle strength and muscle tone. Assessing types of personal footwear is necessary to alleviate future foot problems. In some cases, we may recommend X-rays or magnetic resonance imaging (MRI). This helps to rule out sources of your pain, such as short leg syndrome, pinched nerves, stress fractures, bone spurs or other pathologies.



## Walking On Toes vs Heel-Toe Walking



Here is a test that can help tell the difference between planter fasciitis pain and heel spur pain (or fracture).

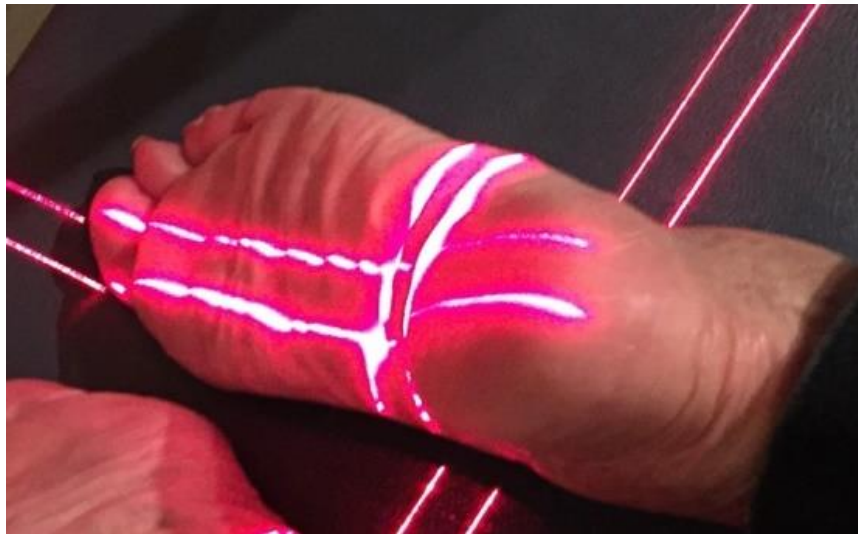
1. Walk on your toes
2. Heel spurs/ fracture feel better on your toes
3. Plantar fasciitis feels worse on your toes

## **Treatment**

Our specialized solutions for plantar fasciitis include: light force Chiropractic instrument adjustments to restore normal mechanics, reduce the tension across the fascia during walking and to get you back to your previous level of function.



Cold laser therapy reduces local inflammation, soft tissue damage and helps to speed up the recovery time.





## The Plantar Fasciitis Solution

Other components that facilitate healing include:

- VibraCussor Massage
- Stretching and strengthening exercises
- Natural plant-based anti-inflammatories
- Specialized foot taping
- Wearing suitable footwear
- Reducing time standing
- Immobilizing boot
- Night splints
- Ice treatment
- Rest
- Decreasing or eliminating certain aggravating activities

### Tennis Player Gets Back On Court

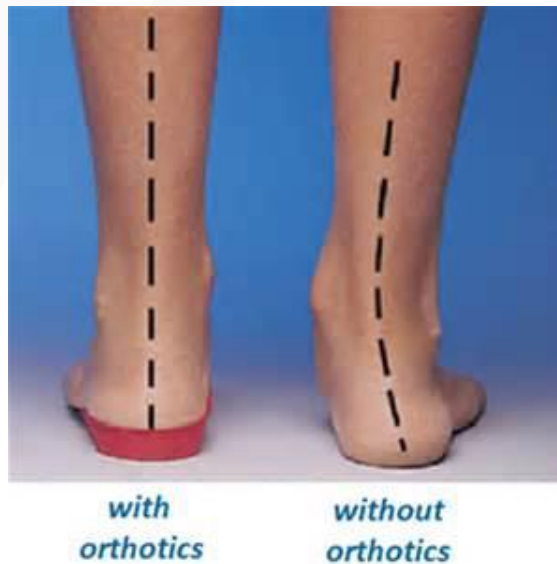
I play tennis 3-4 times a week. About a month ago I started getting heel pain in my right foot. The pain became so unbearable. I took Motrin, Aleve and tried icing my heel but nothing worked. I had to stop playing tennis and even walking gave me pain. I saw Dr. Gitto and he started helping the heel pain by Chiropractic adjustments to my feet and back. He found that I had one leg longer than the other and helped balance them. He used cold laser and gave me specific exercises that helped too. I am now back playing tennis and feel great. Dr. Gitto is the best!

**Carol K**



## Orthotics and Heel Lifts

Depending on the severity of your plantar fasciitis, custom-fitted orthotics and/or a heel lift may be essential to help to evenly distribute your foot pressure and to improve postural distortions that may be perpetuating biomechanical problems.



Special taping of the foot is used to support the arch and tension to relieve pain in the early stages of care.



### Can Complete Her Daily Walks

I developed heel pain all of a sudden when waking up one morning. I took just a few steps getting out of bed that day and almost buckled to my knees. It shocked me and scared me at the same time. But after walking for a minute the pain subsided. The next morning and thereafter, with the first few steps pain became progressively worse, advancing to the point where I could feel it almost all day. There were times it felt like I was stepping on nails. I had to stop my daily walk with my husband because of the pain.

I decided to see Dr. Gitto. He examined my feet, my posture and watched me as I walked and took x-rays. He discovered that I had an uneven posture due to a short leg, pronated arches and a heel spur too. Through his treatment I became pain free and I can do my walks with my husband again.

**Joan A.**

## Side effects of Over the Counter and Prescribed Medications

Although the most common reaction to foot pain is to run to the medicine cabinet, taking medications can come with dangerous side effects. Over the counter and prescription medications may help reduce pain and inflammation related to your heel pain, but these drugs may pose a greater threat/risk to your health and well-being.



Over 100,000 people each year die, and more than 2.1 million people are seriously injured from over the counter and prescribed medications. When necessary, it is best to use natural anti-inflammatory supplements to reduce inflammation. We can also use cold laser therapy to target areas of inflammation enhance recuperation time and eliminate the side effects of drugs.

If you would like more information regarding a natural solution to plantar fasciitis, I would like to partner with you to help get rid of your pain for good.

# Call Us For Your Free

## “Plantar Fasciitis Consultation”

See how we can help you get rid of your pain.

Contact us at: 609-484-9300.

*Dr. Joseph Gitto*

*Advanced Chiropractic*

*Functional Medicine and Diagnostic Nutrition*

*Certified Wellness Consultant*

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