



PLANTAR FASCIITIS

SIX TIPS TO EASE YOUR FOOT PAIN

PETER GAUNTLETT | SOUTH LONDON FOOT CLINIC
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Introduction

In this Special Report I will be talking about plantar fasciitis and the treatment options that are available to you.

Not having seen your painful heel I cannot be sure which treatment will help the most but after 15 years of being a Podiatrist, and treating 1000's of painful feet I am confident that you will get some relief if you try one of these treatments. Remember that it is always best to see a podiatrist to be sure that it is plantar fasciitis ... as there are more than thirty other foot problems where you can have pain in and around the heel. But getting you better is our main goal. The South London Foot Clinic use some of the most advanced equipment available to get you pain free.

Just imagine getting up in the morning and not have to worry if your feet are going to hurt!

If you have any questions on the content then give us a call on
0203- 6022640

Sincerely

Peter Gauntlett

Podiatrist, Musculoskeletal Specialist

*Get Back to enjoying your
favourite activities again*

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ABOUT THE AUTHOR

After graduating from the University of East London in 2008, Peter Gauntlett has treated 1000's of patients foot pain. His clinic has received awards of excellence and his clinic has been awarded as one of the best podiatry clinics in London.

What is plantar fasciitis

The plantar fascia is a band of fibrous tissue attached at the front of the heel bone that fans out into all the toes of the foot. The plantar fascia is important for the proper functioning of the foot in standing walking and running. When the plantar fascia tensions, the foot becomes stable and allows the muscles to act on your bones for movement.

How do you get plantar fasciitis

There are many factors that could be the cause - could be due to previous injury a change in your activity levels, and other lifestyle impacts. The plantar fascia becomes overused and painful. Pain, swelling and there is difficulty with walking and standing but also running.

Six Tips to Ease Your Plantar Fasciitis

You can try all of the following tips or the ones that you are getting the most from for two weeks. Having treated thousands of feet with plantar fasciitis the advice does work. Your challenge is to do these exercises regularly for two weeks to ease your foot pain.

- 1 Keep moving** – that's right... don't stop walking and moving around. If you start to get into of resting every day you will find it will get worse. However, getting pain in the foot tells you that something is wrong so don't push through the pain. Modify your activity levels and give yourself a treat, maybe a good coffee or a piece of chocolate after you've been for a walk. This can really help motivate you and can reduce the pain also by rewarding yourself.
- 2 Wear better shoes – proper shoes – with laces** . are best. Shoes that are supportive and also comfortable is best. You should consider wearing shoes indoors also as you get some support from them. Even better – go for a running trainer.
- 3 Stretch and warm up before exercise.** Stretching before exercise warms the body up to prepare for movement and exercise. Calf stretching is a good way to reduce the pain in your heel. Yoga Pilates and tai chi are good exercises to keep your feet mobile and supple.
- 4 Ice and Heat** – Icing and elevating your foot if you get a flare up can really ease your foot pain. 15 min to the hour twice a day or after a walk can really soothe the pain.
- 5 Prescription orthotics** – If your foot pain isn't settling down, and orthotic may be the right option for you. This will depend on your individual foot type. An insole from a pharmacy is regarded as a non-prescribed insole. A prescribed insole is most often the better choice. You could consider the difference being between getting a pair of glasses at a discount store and going to the opticians for prescription glasses.

Make sure you see a university trained podiatrist if you decide to get orthotics.

- 6 See a Podiatrist** – If you have foot pain that isn't going away the most sensible thing to do is see an expert of the foot. A Podiatrist is a Medically Trained Specialist in foot and leg disorders and will carry out a full assessment, diagnose and tell you the best and fastest way to resolve your foot pain once and for all.

JUST IMAGINE.....BEING TOLD

- *What you have*
- *Why you have it*
- *How to get rid of it once and for alland*
- *How to get back to enjoying your favourite activities again*

TO CONCLUDE

Here you are ... your advice to use straight away! Without surgery or medication to ease your foot pain. In the next few weeks I will be sending you tips and advice on how to heal your foot pain.

We are offering free heel pain consultations....

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