

FOOT NOTES

THE NEWSLETTER FOR SPRINGFIELD PODIATRY AND ACCURATE FOOT & DIABETIC CARE

September, 2022 Edition

What Exactly is Plantar Fasciitis?

Plantar fasciitis is essentially inflammation and strain of the plantar fascia ligament. This ligament attaches at the heel bone and is the longest ligament in the body. It runs from the heel all the way to the toes. It is very long, wide, and thick, and every step we take exerts tension on the plantar fascia.

Unfortunately, the plantar fascial can get strained very easily for multiple reasons. According to a number of different sources, about 3 million people a year get plantar fasciitis. We see patients every day with this condition.

There are many different theories as to its cause. Flatter arches place more tension on the plantar fascia leading to strain, inflammation, and pain. Being overweight, overuse, bad shoes, and careers that involve a lot of standing are all possible causes of plantar fasciitis. A tight calf muscle or Achilles tendon may also lead to plantar fasciitis.

Plantar fasciitis is more common in the heel than it is in the arch. Both can be incredibly easy to heal and also frustratingly difficult. The longer a person waits to have it treated, the greater the chance the latter is true.

There isn't a one size fits all treatment for this condition. Plantar fasciitis, when addressed early enough, can respond favorably to stretching, arch supports, and over-the-counter anti-inflammatories. Plantar fasciitis not addressed until after three months of pain may need more aggressive remedies.

A Google search for plantar fasciitis remedies can easily take you down many rabbit holes. There are many treatment methods but not all work for everyone. Your feet and plantar fascia are unique. You may get no relief

from stretching whereas a friend of yours could have. We cannot emphasize enough how important it is to get an accurate diagnosis and treatment plan for your specific scenario.

Other treatments may include steroid injections, physical therapy and night splints.

Our practice offers some unique treatment options for this painful condition when more traditional treatments fail. For example, we offer Class IV laser therapy, EPAT shock wave therapy and amnion (placental fluid) injections, all of which have shown to be very effective for more chronic cases.

The ultimate goal with this condition, as it is with every condition we treat, is to do everything necessary to avoid surgery. Whether it's your first episode or one of several, have us treat it as early in its onset as possible for the best outcome.

PERSONALLY SPEAKING

We have a new Medical Receptionist in our West Chester office. James comes to us with a great deal of experience as a Patient Interviewer at Jefferson Hospital for 12 years, a Medical Biller and Coder at Prism Center Institute, and has held several other service-oriented positions. He is the founder and CEO of a non-profit organization called No Bully'N Me, Inc., dedicated to aid in the prevention of bullying. (Feel free to visit their website at www.nobullynme.org and follow them on all social media platforms @nobullynmeinc.) His hobbies include napping and watching sports. James enjoys good food and loves to make people laugh and smile with his witty sense of humor. His motto is, "If it's free, it's for me!" James is a wonderful addition to our staff, so please be sure to welcome him at your next visit.

MYTH BUSTER

You must wait 30 minutes after eating to swim. Not true. There is no increase in the risk of muscle cramping after eating.

FUN FACTS

75% of all Americans will experience foot problems at one time or another in their lives.

WHAT'S NEW

We have implemented a new service called **EBM Medical** that allows us to prescribe a wide variety of medical food supplements and topical remedies for a multitude of conditions. They provide proprietary supplements for pain, inflammation, neuropathy, arthritis, bone health, wound care, brittle nails, skin health, and immune support. Additionally, many topical therapies can be prescribed for pain, inflammation, wounds, fungal and bacterial infections, neuropathy, poor circulation, wart removal and wound care. These orders are placed the day of your visit, and the company will send the products directly to your home with full instructions for use. They will also handle automatic refills. Please ask our doctors if one of these excellent products can help you!

QUOTES

“Believe you can and you’re half-way there.” – Theodore Roosevelt

PUNNY STUFF

I recently got over my addiction to chocolate, marshmallows and nuts. I won’t lie, it was a rocky road.

PUZZLE:

Call today for your foot health evaluation!

In Drexel Hill, call 484-459-5954

(springfieldpodiatry@springpod.comcastbiz.net)

In West Chester, call 610-436-5883 (accpodiatry@gmail.com)

Or visit us at www.drsiegerman.com

Dr. Julie Siegerman and Dr. Danielle Seiler

Follow us on Instagram @springfield.podiatry