

Word from the



A HEELING EXPERIENCE

Is there any wonder that, at any given point in time, an estimated two million Americans experience inflammation of the thick connective tissue running along the bottom of the foot known as plantar fasciitis? Every mile walked by the average person subjects each foot to about sixty tons of stress. Despite the flexibility of the plantar fascia and a fat pad on the heel that provides degrees of protection, repeated stress on the heel may lead to microscopic tears where the plantar fascia connects to the heel bone, resulting in inflammation and pain. Rest is the first line of defense. When pain lasts more than 4-6 weeks, physical therapy involving ultrasound therapy, electrical

stimulation, and/or hydrotherapy may help reduce inflammation. Considering the size of our feet in relation to what they carry, it's a miracle that we humans aren't crawling about! At **WISE PHYSICAL THERAPY & SPORTS MEDICINE**, located at 121 Cranberry Road, Grove City, we are happy to help you take care of your body, from head to toe. Working together with our patients, we expect to relieve pain, regain function, and prevent injuries from recurring. After a referral from your doctor, please call **724-458-WISE (9473)** to set up an appointment.

FACT: While nearly everyone eventually recovers from plantar fasciitis, it can take months for the pain to disappear.