



Brostrom Physical Therapy

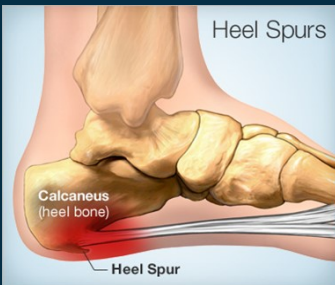
Quote of the Month:

"Kind words can be short and easy to speak, but their echoes are truly endless."

-Mother Theresa

**Brostrom
Physical Therapy**
22180 Pontiac Trail
Suite E
South Lyon, MI 48178

Phone #: (248) 446-0155
Fax #: (248) 446-0177
Website: brostrompt.com
Email: therapist@brostrompt.com



References:

APTA. (2011, November 28). Physical therapist's guide to plantar fasciitis. In *APTA*. Retrieved from <https://www.moveforwardpt.com/symptomsconditionsdetail.aspx?cid=a2395ee9-08bb-47cc-9edc-1943e2fdbf2e>

Kinesiology Tape Info Center. (2019). How to apply Kinesio Tape pre-cut foot tape. In *Kinesiology Tape Info Center*. Retrieved from <http://www.kinesiologytapeinfo.com/how-to-apply-kinesio-tape-pre-cut-foot-tape/>

Repke Fitness Personal Training. (n.d.). Plantar fasciitis - causes, symptoms, and exercises. In *Repke Fitness Personal Training*. Retrieved from <https://repkefitness.com/blog/plantar-fasciitis-exercises/>

WebMD. (2019). Heel spurs & plantar fasciitis. In *WebMD*. Retrieved from <https://www.webmd.com/pain-management/heel-spurs-pain-causes-symptoms-treatments#1>



"Hands-on treatment you need with the care you deserve."

Monthly Newsletter
July 2019

Plantar Fasciitis

From the desk of: **Sarah Dacko, PTA**

What is plantar fasciitis?

Plantar fasciitis is a condition causing heel pain. The plantar fascia—a thick band of tissue connecting the heel to the ball of the foot and supporting the arch—can become inflamed or tear. This condition occurs in as many as 2 million Americans per year and 10% of that population over their lifetimes.

The most common pain region is typically located around the heel. In many cases, bone (heel) spurs can be present on the plantar side of the "heel bone", which is referred to as the calcaneus bone.

How does plantar fasciitis develop?

Plantar fasciitis is most often correlated with people who:

- Are runners;
- Are on their feet all day;
- Have flat feet;
- Are over 40 years of age;
- Have decreased calf flexibility;
- Are overweight.



What are symptoms of plantar fasciitis?

Symptoms of plantar fasciitis include (but are not limited to) heel pain, sharp pain, stiffness (most common in the morning), and tenderness with applied pressure. Heel spurs occur when the fascia becomes shortened—or tightened—which causes increased tension forces at the anchor on the calcaneus. This causes an increase of bone production (osteophyte formation) which gives rise to pain with walking or pressure directly to the heel due to the increased bony prominence.

What treatment is available for the condition?

The most common treatment methods for plantar fasciitis include over-the-counter anti-inflammatory medication, rest, ice, arch support/splinting, and physical therapy. In some cases, the condition can require one or multiple types of treatment to aid in reducing pain.

Physical therapy for plantar fasciitis:

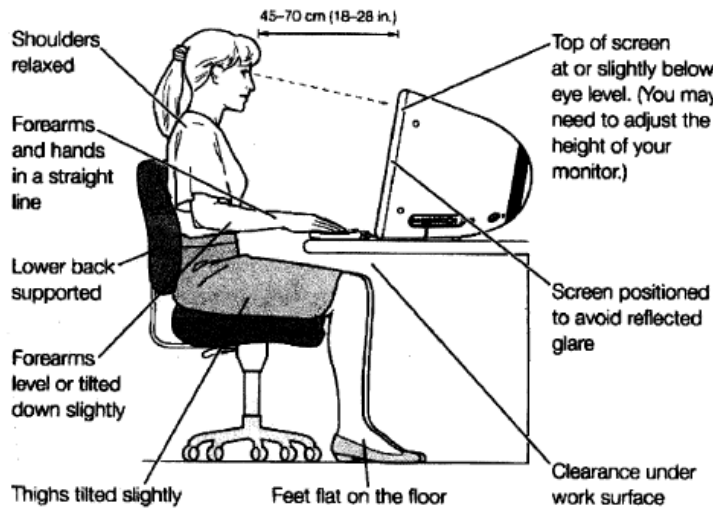
In our clinic, we use a variety of different treatment methods to address plantar fasciitis pain. Most commonly, a treatment session will consist of manual/hands-on treatment, exercising, modalities (such as ice or electrical stimulation) and a home exercise program. It is very important as a patient to be diligent with your home exercise program to ensure proper carryover from therapy and help speed up your healing process. Failure to continue exercises and/or stretches can occur in regression of the condition and increased pain.

Another method we use is Kinesio Tape© and McConnell taping as well as iontophoresis. One of the key components to have relief with plantar fasciitis is stretching of the gastric/soleus muscles and achilles tendon since the tightness of these structures will cause increased tension of the plantar fascia.

Please inquire if you have questions about plantar fasciitis! We're happy to help!



Proper Posture for the Computer



- Having the keyboard at elbow height will prevent you from bending your wrist all the way up or all the way down.
- Incorrect posture can cause your shoulders to roll forward, causing your neck and shoulder muscles to shorten. This will compress nerves in the neck, affecting your wrists, fingers, and hands.
- Typing materials should be eye level, so that the neck is not craned.
- Keeping the neck flexible and the head upright maintains circulation and nerve function to the arms and hands.

Recipe of the Month: *Potato Salad*

Prep Time: 20 minutes | Cook Time: 20 minutes | Ready In: 3 hours & 40 minutes | Makes 12 servings

Ingredients:

- 6 eggs
- 10 red potatoes
- 1 cup mayonnaise
- 1/2 cup ranch dressing
- 1/3 cup dill pickle relish
- 2 tablespoons prepared yellow mustard
- 1 & 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon paprika
- 1/8 teaspoon celery seed
- 1 onion, chopped
- 1/4 cup pepperoncini (optional)
- 1/4 cup sliced black olives (optional)



Directions:

- Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Remove from the heat and let the eggs stand in the hot water for 15 minutes. Pour out the hot water; cool the eggs under cold running water in the sink. Peel and chop the cooled eggs.
- Place the potatoes in a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender (15-20 minutes). Drain and refrigerate until cold. Peel and cube once cold.
- Stir together the mayonnaise, ranch dressing, relish, mustard, salt, pepper, paprika, and celery seed in a mixing bowl. Add the eggs, potatoes, onion, pepperoncini, and olives; stir until evenly mixed. Cover and refrigerate at least 2 hours before serving.