

On Your Feet With Dr. Hilaire

Heel pain is one of the most common foot ailments I treat in my offices. There are several causes for heel pain, with plantar fasciitis being the most prevalent. What is plantar fasciitis? Plantar fasciitis is an inflammation of the plantar fascia that extends from the heel to the toes. What can you do for plantar fasciitis?

1) First and foremost, avoid walking barefoot or wearing flip flops with no arch support. This only increases trauma and inflammation. I tell my patients to avoid going barefoot in the shower by encouraging them to wear Crocs. I have recently acquired the Medical style Croc which are recommended for diabetics, and will be available in my office.

2) Always stretch in the a.m. before arising for at least 7 minutes, and stretch during lunch time.

3) Ice in the evening for 10 to 20 minutes. I recommend using a Gatorade bottle. It has the right diameter and ridges for rolling back and forth to both stretch and reduce inflammation.

4) Use Boifreeze or Traumeel cream after icing. This will potentiate the anti-inflammatory action

of icing.

5.) Use an over the counter orthotic such as Powerstep inserts. This will help support the plantar fascia during ambulation.

6) Learn how to tape your feet with athletic tape. Use 2 inch athletic tape and form a figure "8" around the heel. Then use stretch tape like coban or a self adherent ace bandage around the arch 3 times to support the arch.

If you have heel pain, call Allied Podiatry today for a consultation. I am the heel pain expert and I have innovative technology and products to get you back on your feet.

JAMES L. HILAIRE, DPM, CWS
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