

Like Walking on Tacks

After a long walk, a rough game of sports, or several hours shopping, it is not unusual for many of us to pull off our shoes, spread our toes, and exclaim “My feet hurt.” For a few, however, no activity is needed and yet they can equally say, “My feet hurt!” Many of these people suffer from a condition called plantar fasciitis.

Talk to anyone who suffers from this condition, they will say it is like walking on thumb tacks. Every step is painful. In most cases, the individual only experiences the condition in one foot, but there those unfortunate folks that endure this torture simultaneously in both feet.

For most plantar fasciitis sufferers, massaging or soaking the foot in a hot bath, along with a well-cushioned, comfortable shoe, is their only relief. Certainly the proclamation “it will go away in time” brings no reprieve. Sometimes, medication or crèmes are prescribed to help ease the pain but it really does not address the source of the pain.

The purpose of this article is to inform you that there is a solution that will help you get rid of the source of your pain. (This solution may not work if your pain is due to a structural abnormality, fracture, bone cancer, poor circulation, nerve damage, scar tissue, diabetic neuropathy or other similar medical conditions.)

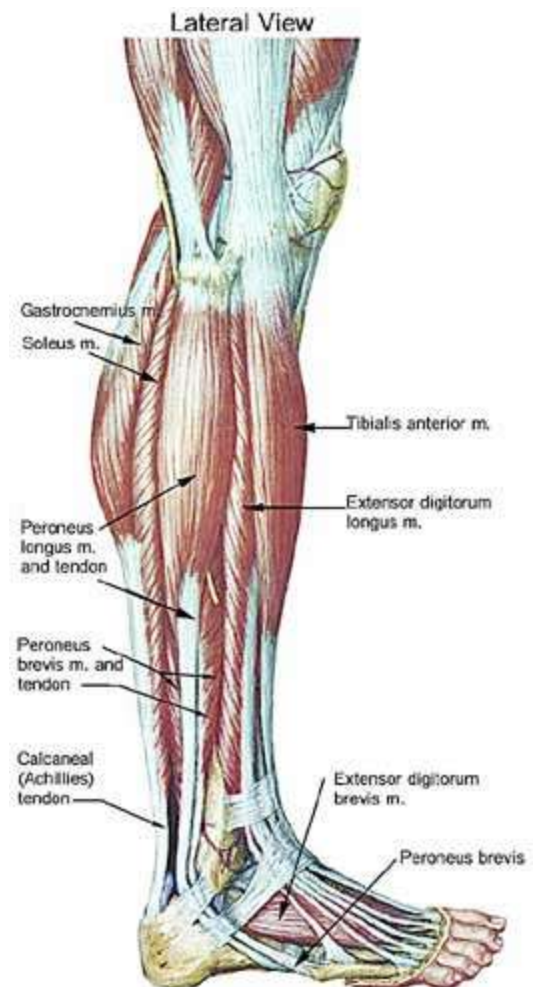
In order to understand the source of plantar fasciitis, you must first understand some basic anatomy. Our hands and feet are very complicated structures capable of performing great tasks. We can observe our hand’s movement, power, precision, and dexterity. But who looks at their feet that way?

The fact is, your feet provide the foundation upon which the rest of your body relies for stability, balance, and general movement. Virtually every moment you are standing, parts of your body are in motion. As a result, your center of gravity is constantly shifting. Without conscious thought, the brain automatically pushes downward using different aspects of the foot in order to compensate for the change; otherwise, you would topple over.

As powerful as the hands and feet are, neither part of the body really contains any strong muscles. Yes, I know that sounds absurd, but truthfully, the muscles that give the hands and feet their strength are located in the forearm and lower leg.

When the muscles within the forearm or lower leg contract, they pull on the long tendons that are attached to various bones within the hands and feet. The pulling of these tendons is what actually causes the fingers and toes to move.

Back to our topic... When the lower leg muscles become tight, they create a continuous pull on the tendons within the foot. As this tension increases, pain will develop at the site(s) where the tendon



attaches. This pain and tension causes the fascia (connective tissue) around it to become inflamed. The resulting condition is called "Plantar Fasciitis." The solution, therefore, is usually as simple as releasing the tight muscles in your lower legs.

At Restored Balance Integrated Health Services, the therapists are trained to work with the muscles of the lower leg as well as the tendons in the foot to reduce the tension and strain that causes the planter fasciitis. Each year, Restored Balance helps to eliminate the symptoms of plantar fasciitis and other foot-related pain for dozens of patients.

If you have foot pain, stop "walking on tacks" and give Restored Balance a call at 717-495-2802. They are located in the Brockie Medical Center in West York.