



## ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

is a private, physical therapist-owned outpatient physical therapy clinic specializing in neurologic, orthopedic, and vestibular conditions.

All patients are evaluated by a licensed physical therapist.

We guarantee to see you for an initial evaluation in 24-48 hours.

We have early morning and late evening hours for convenient scheduling.

We accept and are in-network with most insurance companies, including PPO's, HMO's, Medicare, Tricare, and Workers' Compensation.

Conditions we evaluate and treat include, but are not limited to:

- Neck & back injuries/pain
- Arthritis
- Vertigo
- Sprains/Strains
- Parkinson's Disease
- Fractures
- Multiple Sclerosis
- Tendonitis
- Gait & balance disorders
- Bursitis
- Peripheral neuropathy
- Stroke
- Sports injuries
- Carpal Tunnel Syndrome
- Work-related injuries
- TMJ disorder/pain
- Nerve injuries / disorders
- Joint replacements
- Cervicogenic headaches
- Orthopedic surgeries



## ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

*This brochure is compliments of:*

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## Plantar Fasciitis



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# Plantar Fasciitis

Plantar fascia is the tissue that runs along the bottom of your foot, from your heel to the ball of your foot.

Your Achilles Tendon, which is the attachment of your calf muscle at the back of the foot, is attached to the plantar fascia.

The plantar fascia can become tight when the calf muscle becomes tight.

When the plantar fascia is inflamed, it is called plantar fasciitis.

When stepping down on your foot, the plantar fascia is stretched. If tightness is present, pain may occur at the bottom of the foot along the arch and/or at the attachment at the bottom of the heel.

Pain is often experienced in the foot with initial weight-bearing in the morning or after prolonged sitting/resting. Overnight the fascia tightens, and when you first step in the morning the tissue is stretched, causing pain. Symptoms typically relieve after a few steps.

## What increases your risk of developing plantar fasciitis?

- Involvement in high-impact sports
- A sudden increase in activity level
- Obesity
- Structural abnormalities (i.e. high arches, flat feet)
- Occupations that require prolonged standing or walking
- Age-related degenerative changes

## Preventing Plantar Fasciitis

Stretch your calf muscles regularly. Hold the stretch for 20 seconds; repeat 4 times.



Wear the proper shoe for your foot type and activity; high arches or flat arches can both predispose a person to plantar fasciitis.

## Treatment of plantar fasciitis

Your physician may suggest an anti-inflammatory medication, a night splint to prevent the fascia from tightening overnight, and/or some basic stretches to be performed on your own. Some people may benefit from orthotic inserts to help treat current symptoms and/or prevent future occurrences of plantar fasciitis. Your physician may also recommend physical therapy, which might include ultrasound, massage, stretches, and strengthening exercises.

## Surgery

Only a small percentage of people need surgery to detach the plantar fascia from the heel bone. It is generally an option only when the pain is severe and all else fails. Side effects may include a weakening of the arch in your foot.



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