

Putting Your Best Foot Forward:

Conquering Plantar Fasciitis

By Dr Zoe Ramos

Ever felt a stabbing pain in your heel when you first get out of bed or stand up after sitting for a while? That could be plantar fasciitis. It happens when the tissue that connects your heel bone to your toes (the plantar fascia) gets irritated or inflamed. Plantar fasciitis can be a real pain in the foot, but there's hope at Forward Foot & Ankle Center.

What causes Plantar fasciitis?

predisposing individuals to plantar fasciitis.

Obesity: Excess body weight places added pressure on the feet, further straining the plantar fascia and increasing the likelihood of developing this condition.

Comprehensive Treatment Approaches

At Forward Foot & Ankle Center, we offer a comprehensive range of tailored treatment options and plans to each patient's unique needs, considering factors such as lifestyle, severity of symptoms, and medical history. Remember, we are not just looking to alleviate pain, but also promote healing for plantar fasciitis.

Anti-inflammatory medication: Sometimes, a little medicine or a shot can help calm down the inflammation and get you feeling better, but these medications DO NOT promote healing.

Advanced Laser Therapy: Our Class IV Laser will significantly reduce pain, while enhancing the healing process.

Orthotic Devices: Custom orthotic inserts and supportive footwear can provide function and stability, reducing strain on the plantar fascia, alleviating symptoms and preventing recurrence.

Stretching and Strengthening Exercises:

We train on a combination of both type of exercises, specific for the type of foot and gait that the patient presents with.

How to Keep It from Coming Back?

Nobody wants a repeat of plantar fasciitis! Here's how to keep those feet happy:

Pick the Right Shoes: Dr. Ramos will guide you in the direction of the right type of shoe for your specific foot type and gait.

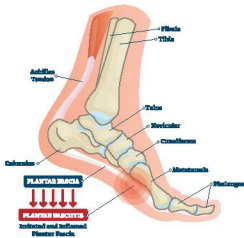
Take It Easy: Don't overdo it! Gradually increase your activity level to avoid putting too much strain on your feet.

Stretch Daily: Spend a few minutes each day stretching your calves and feet to keep them flexible and happy. Remember, we will guide and teach you on how to properly stretch.

Listen to Your Feet! Don't ignore it! Get help from our experts at Forward Foot & Ankle Center.

Stride Forward with Confidence

Don't let plantar fasciitis slow you down! With the caring team at Forward Foot & Ankle Center by your side, you can kiss foot pain goodbye and get back to doing the things you love. Say hello to happy, healthy feet and take that first step toward a pain-free future today!



Overuse: Engaging in activities that place repetitive stress on the feet, such as running or standing for prolonged periods, can lead to microtears in the plantar fascia.

Improper Footwear: Wearing shoes with inadequate arch support or cushioning can exacerbate strain on the plantar fascia, increasing the risk of inflammation and pain.

Biomechanical Issues: Flat feet, high arches, or abnormal walking patterns can alter the distribution of weight on the feet.

FORWARD FOOT & ANKLE CENTER

Are foot or ankle issues slowing you down?

With over 25 years of experience, Dr. Zoe Ramos is here to bring personalized care to the East Bay area.

Why Choose Us?

Expertise in diverse populations

Personalized treatment plans

Focus on prevention and long-term wellness

Active Lifestyle Advocate: Dr. Ramos, a dedicated runner and fitness enthusiast, understands the importance of keeping you on your feet. She's not just your podiatrist; she's your partner in whole-body wellness.

Our Approach: Beyond treating current issues, our goal is to coach you on preventing recurrences and future problems. We're committed to your overall health and mobility.

Take the First Step!

Call: 925-532-0099 | www.forwardfeet.com



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