

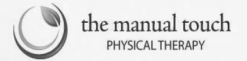
Live Webinar
DENISE SCHWARTZ,
PT, CMT, CABS, CPGS

Healing “Heel” Pain Naturally



Who is Denise Schwartz?

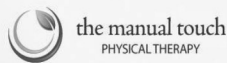
- Owner of The Manual Touch Physical Therapy in Wheeling, IL
- Traditional and Non-Traditional PT
- Level I Trauma Hospital for 14 years
- Co-founder, Center IMT Chicago
- Founded The Manual Touch in 2010
- Over 5,000 hours of continuing education
- Holistic approach to physical therapy



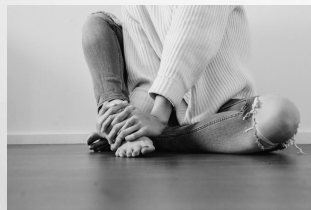

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Do you Have Foot Pain....



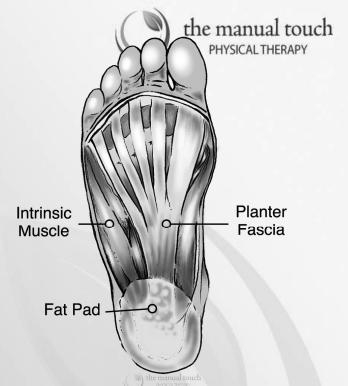
- First thing in the morning?
- Standing up after sitting for awhile?
- After activity?
- With activity?
- Does pain ease up after walking 10 minutes?



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Anatomy of the Foot

- The foot/ankle has **23** bones
- 29 muscles, 30 ligaments
- The **plantar fascia** is a band of tissue on the bottom of the foot
- The **achilles tendon** is attached to the plantar fascia and the calf muscles



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Who Gets Heel Pain?



- Flat-feet
- High-arched feet
- Sedentary people
- Active people

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Shoes



<https://www.themanualtouch.com/how-to-test-and-choose-the-right-walking-or-running-shoes-for-your-feet/>

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4 Common Causes of Heel Pain



- Plantar fasciitis
- Heel spur
- Stress fx
- Fat pad atrophy

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Plantar fasciitis



- Microtears of the plantar fascia
- Pain first thing in the morning or after sitting a while
- Pain at beginning of walk or run
- Tenderness throughout arch to touch
- Calf stretching
- Strengthening and mobility exercises
- Wear good supportive shoes most of the time even while sitting at your desk

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10 Tips for Plantar Fasciitis



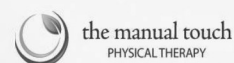
- 1. Use a Spiky Ball**
Roll your foot around a spiky ball
massage ball 3 to 5x per day
- 2. Use The Stick**
Roll out your calves daily with
"the stick"
- 3. Frozen Water Bottle**
Roll your foot on a frozen
water bottle.
- 4. Calf Stretches**
Do calf stretches on an incline.
- 5. The Heel Balers**
Stand on the edge of a step and raise
up onto your toes, lift one leg and
lower down slowly.
- 6. Self Massage**
Massage the bottom of your
foot.
- 7. Kneeshortage**
Kneeshortage the bottom of your
foot.
- 8. Use Correct Ties**
These toe separators stretch out
your plantar fascia. Learn more.
- 9. Try RUGBY Shoes**
Rugby shoes have a patented
design to hug your foot.
- 10. Wear Good Shoes**
Wear a shoe with good arch
support.



Want to learn more?

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10 Tips for Plantar Fasciitis



<https://www.themanualtouch.com/wp-content/uploads/2019/04/Foot-Pain-Tips-Sheet-Digital.pdf>

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Heel Spur



- Pain weight bearing
- Usually no pain with palpation
- Arthritis

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Stress Fracture



- Pain with weight bearing
- Pain does not decrease with movement
- Pain at rest
- Specific painful site to palpation

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Fat pad atrophy



- A thinning of the fat pad on the heel
- Pain with weight bearing
- Taping and orthotics

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The therapists at The Manual Touch gave me confidence that they knew what was wrong and what to do about it, and under their care I quickly felt better and am now on the road to better fitness. They have a feel for what's causing what, and is good technically and also good at making you feel cared for.

I saw Denise for ongoing heel pain as well as an athletic back pain injury. My back pain is gone and my heel pain (which I've had for several years) is significantly better so that it doesn't interfere with activity. The exercises Denise gave me have strengthened my core and will prevent future injuries. Not only that, she provides personalized and attentive treatment the entire visit (much more personalized care than traditional PT centers). I highly recommend Denise!

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What's the #1 Mistake?



The biggest mistake people make with heel pain:

They Ignore It.

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3 Ways to Respond



1. Ignore it
2. Alter it
3. Handle it

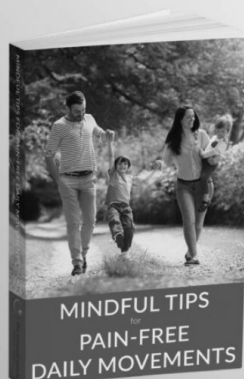
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How We Treat Heel Pain



1. Fix mechanics
2. Dynamic stretching
3. Strengthening
4. Shoes/Orthotics

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Tips for Mindful Daily Movement

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Call for a Free 20-25 minute Consult



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PHYSICAL THERAPY

- Phone call or telehealth
- Discuss your current issues
- Recommendations

*****847-541-7600*****

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Thank You!

Email: Denise@TheManualTouch.com
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