


Welcome to our virtual

Healing Heel Pain Naturally




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Puzzle

- <https://themanualtouch.com/putting-the-pieces-of-your-puzzle-together/>



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Who is Denise Schwartz?



- ⑩ Owner of The Manual Touch Physical Therapy in Wheeling, IL
- ⑩ Traditional and Non-Traditional PT
- ⑩ Level 1 Trauma Hospital for 14 years
- ⑩ Co-founder, Center IMT Chicago
- ⑩ Founded The Manual Touch in 2010
- ⑩ Over 5,000 hours of continuing education
- ⑩ Holistic approach to physical therapy



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Specialties

- RRCA certified running coach
- Certified Integrative Manual Therapy
- Certified Applied Functional Science
- OOV/Balancesit
- Run Analysis



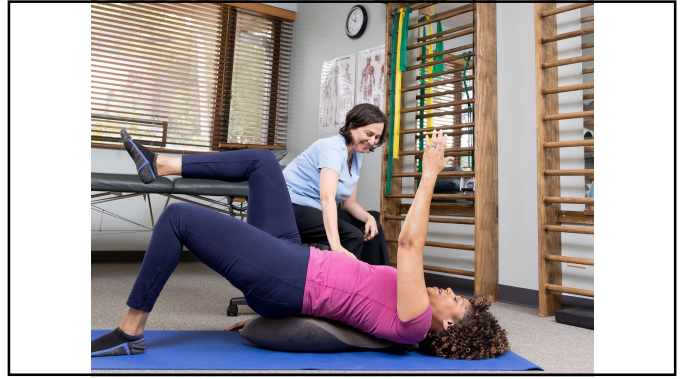
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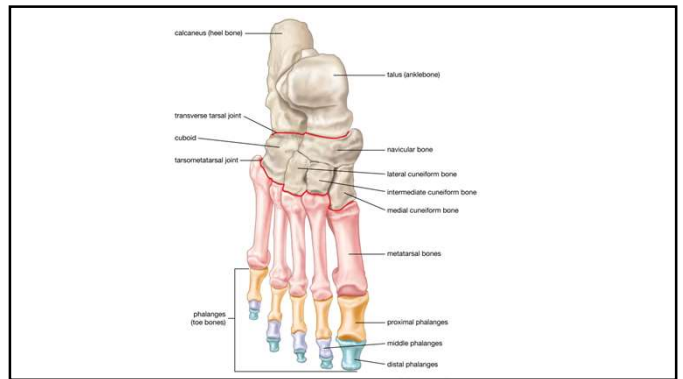
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Do you Have Foot Pain....

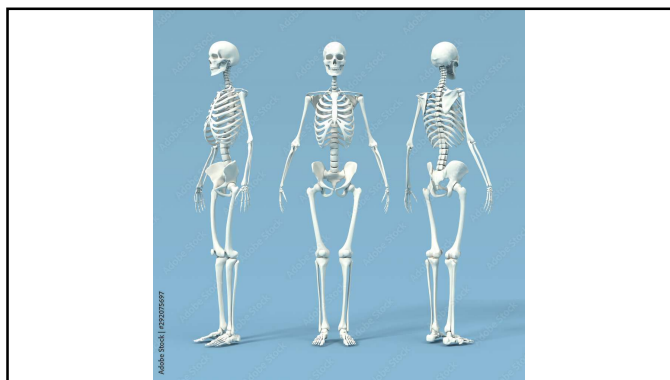
- First thing in the morning?
- Standing up after sitting for awhile?
- After activity?
- With activity?
- Does pain ease up after walking 10 minutes?




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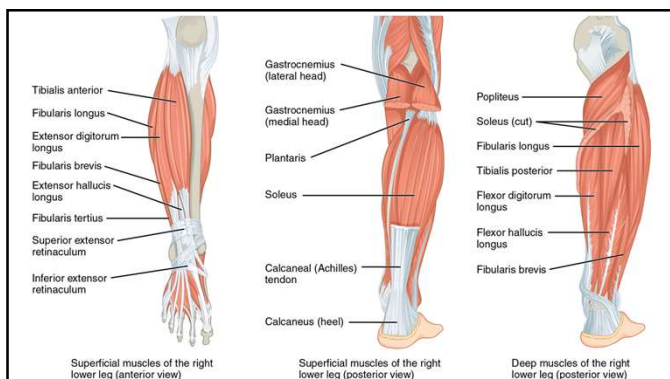
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Anatomy of the Foot

- 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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Core/Abs

Transverse abdominis
Located under the obliques, it's the deepest of the abdominal muscles and wraps around your spine for protection and stability.

External abdominal oblique
Located on the side and front of the abdomen.

Internal abdominal oblique
Located under the external obliques, running in the opposite direction.

Rectus abdominis
Located along the front of the abdomen, this is the most well-known abdominal. Often referred to as the "six pack."

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Who Gets Heel Pain?

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

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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

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

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SPREAD YOUR TOES.

- Align.
- Strengthen.
- Restore.

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Shoelacing

<https://themanualtouch.com/correct-toes-and-shoelacing/>



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Big Toe

<https://themanualtouch.com/what-does-your-big-toe-have-to-do-with-painting/>



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Heel Spur

Pain weight bearing

Usually no pain with palpation

Calcium buildup from tissue strain on heel



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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.



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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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IMPORTANT

Diagnosis dictates the exercise program



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Will Therapy Help?

- First Determine: Is the pain or symptoms **REPRODUCIBLE?**
 - If so, then it is likely **REDUCIBLE.**



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Choices

Ignore	Ignore it
Alter	Alter it - medications, injections, surgery
Handle	Handle it – physical therapy



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How We Treat Heel Pain


- ✗ Fix mechanics
- 🏃 Dynamic stretching
- 🏋️ Strengthening
- 👟 Shoes/Orthotics (custom or over the counter)



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Physical Therapy


- Manual (hands on) therapy:** balance joints, reduce soft tissue restrictions
- Education:** posture, function, movement, ADLs
- Exercises:** Strengthening, mobility and stability exercises for your core, hips, feet
- Neuromuscular Reeducation:** feet/core, whole body integration



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Physical Therapy Functional Education

- How to sit
- How to stand
- How to walk, shoes
- How to move through transition
- How to sleep
- How to lift
- Posture
- Specific movements: activities, job, housework



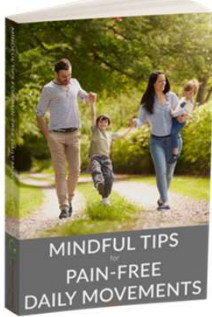
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Shoes

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



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Tips for Mindful Daily Movement

Get my eBook at TheManualTouch.com



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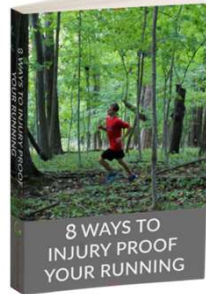


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Call for a Free 20-25 minute Consult

Phone call or telehealth

Discuss your current issues

Recommendations

847-541-7600



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Thank You!

Email: Denise@TheManualTouch.com
Call: 847-541-7600
Visit: www.TheManualTouch.com



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