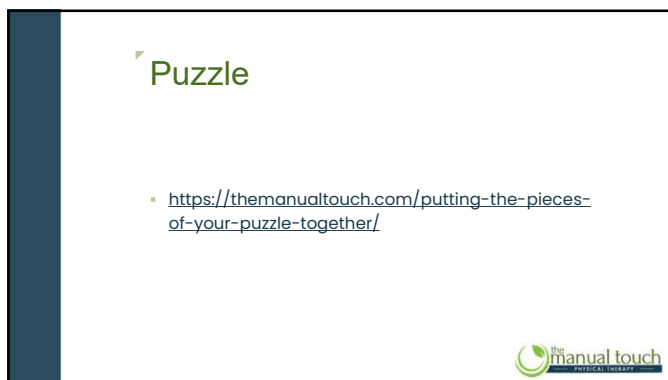


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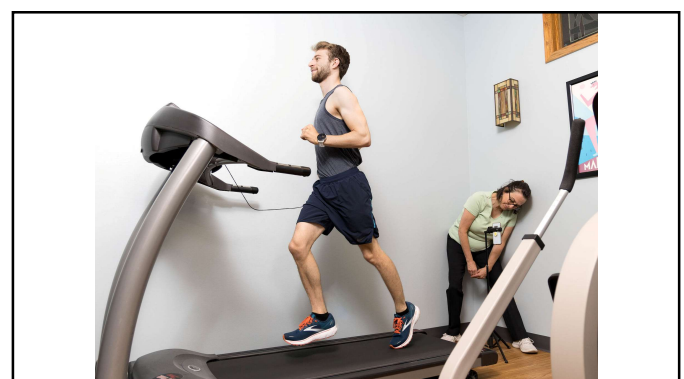
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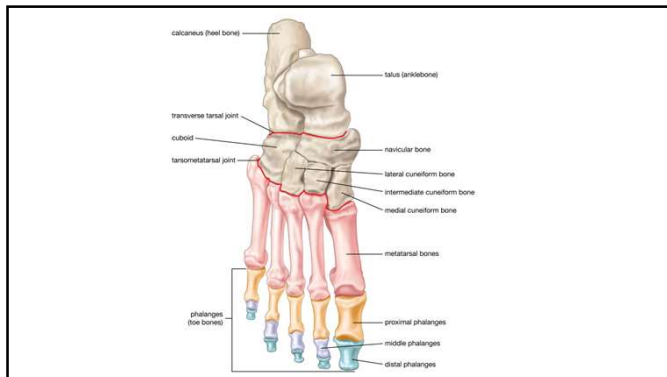
Do you Have Foot Pain....

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

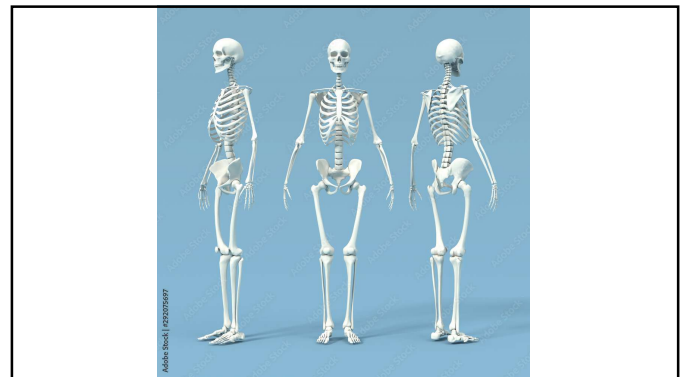


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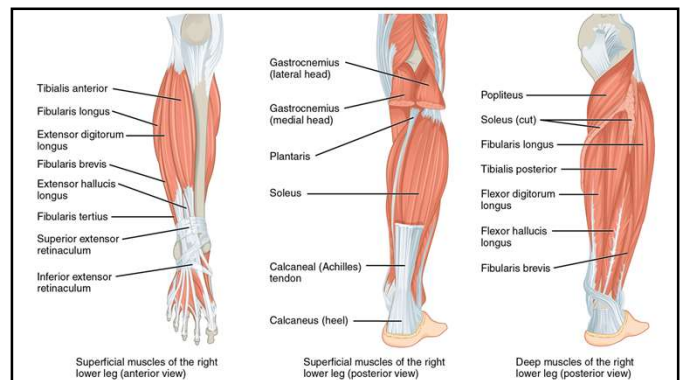
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### Anatomy of the Foot

- 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

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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
- Dynamic 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>



22

SPREAD  
YOUR  
TOES.

Align.  
Strengthen.  
Restore.



23

## 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-pain/>



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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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### 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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### IMPORTANT

*Diagnosis dictates the exercise program*



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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, non-traditional and traditional

**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

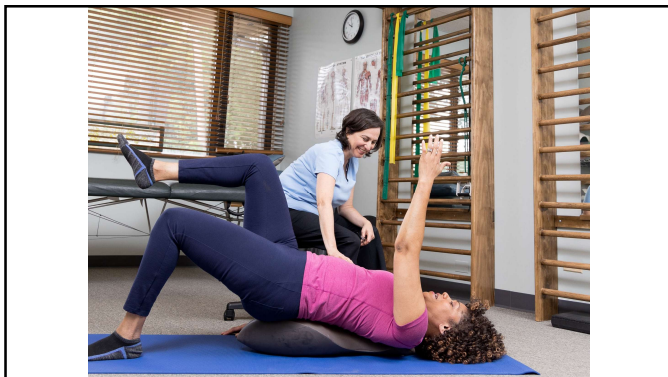
<https://www.themanualtouch.com/how-to-test-and-choose-the-right-walking-or-running-shoes-for-your-feet/>



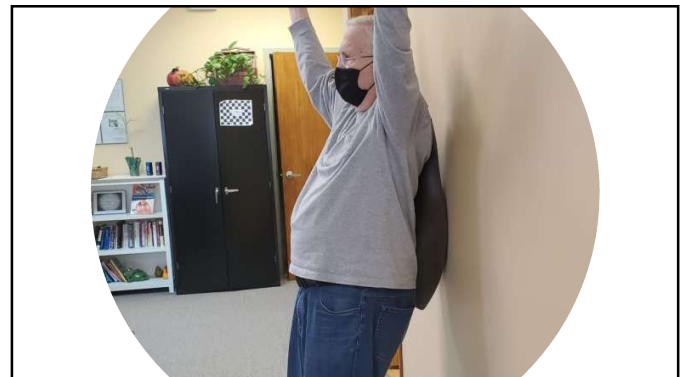
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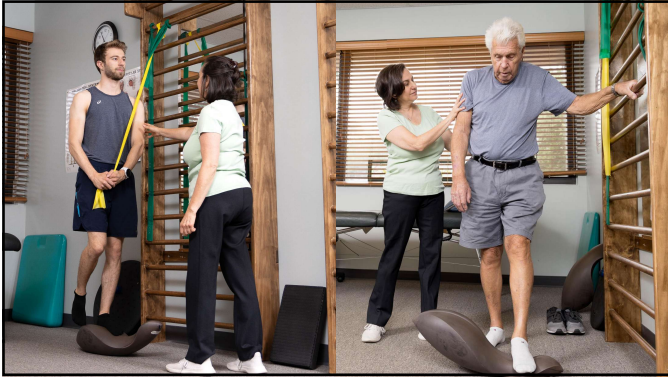
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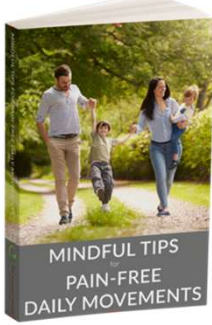
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Tips for Mindful Daily Movement

Get my eBook at [TheManualTouch.com](http://TheManualTouch.com)



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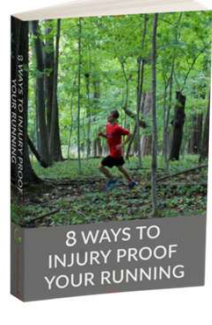


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Call for a Free 20-25 minute Consult

Phone call or telehealth

Discuss your current issues

Recommendations


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



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Thank You!

Email: [Denise@TheManualTouch.com](mailto:Denise@TheManualTouch.com)  
Call: 847-541-7600  
Visit: [www.TheManualTouch.com](http://www.TheManualTouch.com)



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