



Foot Pain Relief

The plantar fascia is a thick band of connective tissue that supports the arch of the foot. Excessive wear on this structure can lead to inflammation and pain on the bottom of the foot, which is often worse first thing in the morning or with too much walking.

Excess stress on the plantar fascia due to fallen arches (flat feet), improper footwear or excess time spent on the feet can lead to the development of plantar fasciitis.

Treatment for plantar fasciitis is aimed at reducing inflammation and supporting the arch of the foot. Depending on the state of the arch, over the counter or custom made orthotics may be prescribed. Apart from restoring proper motion of the back, hip, knee and ankle, special attention is given to the movement of the foot bones that make up the arch.

Active release therapy and/or muscle stripping is helpful to reduce the inflammation in the plantar fascia, and some [Kinesiotape](#) can help even more.

A good home plan is very important. I usually suggest stretching the plantar fascia (pull back on your toes), calf muscles and shins. Icing should be done at the end of the day by freezing water in a 500 ml plastic water bottle and proceeding to roll your foot forward and backwards on it. Further self-massage is useful, as is wearing a good supportive pair of running shoes at all times when in the house. Finally, low intensity [laser therapy](#) is a great option to boost healing of the plantar fascia especially when recovery is slow.

A more detailed version of this article appears in our [Vancouver Chiropractic blog](#). Read it [here](#).

Upcoming Office Closures

Chiropractic, massage therapy and acupuncture will be available over the holiday season.

Dr. Debbie Wright will maintain her regular schedule up to and including Friday December 19th.

Dr. Ian Boonstra will maintain his regular schedule up to and including Tuesday December 23rd.

From Monday December 22nd to Friday January 2nd, Dr. Sarah Jung will be filling in.

Dr. Jung has been specifically chosen since her treatment style is very similar to both Drs. Wright and Boonstra. Please do not hesitate to come in and pay her a visit.

The clinic will return to regular office hours on Monday January 5th.

For more details on hours and availability for all our services, please [contact us](#).

Topics in this issue:

- Foot Pain Relief
- Upcoming office closures

Practitioners:

Dr. Ian Boonstra, DC
Dr. Debbie Wright, DC
Kurt Jurek, R Ac
Cheri Naslund, R Ac
Katrina Smith, RMT
John Yamashita, RMT

Thrive Chiropractic
Wellness Centre
1546 W 2nd Ave.
Vancouver, BC
V6J 1H2

p: 604-730-0111
p: 604-730-5444
f: 604-730-4655
info@thrivewellness.ca
www.thrivewellness.ca