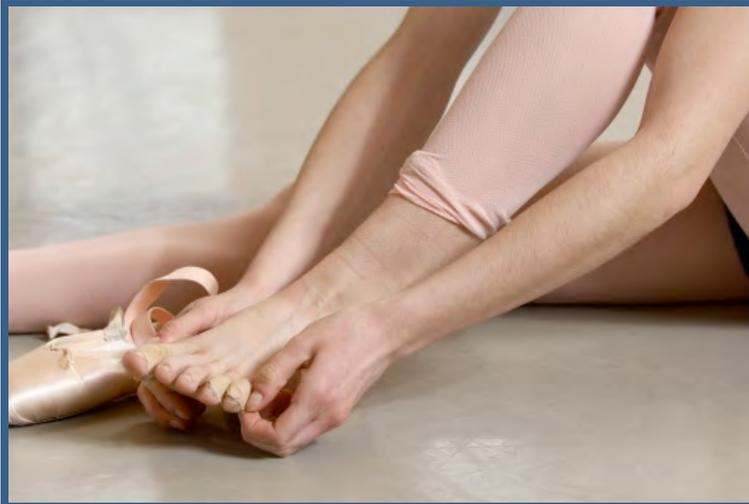


# Podiatry in Motion

Bay Area Foot Care

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Dancing or running without proper stretching may cause plantar fasciitis

## Plantar Fasciitis

Are you experiencing pain in your heel and at the bottom of your foot? Does the pain and stiffness worsen when you first start walking in the morning and decrease as the day goes on? You might be experiencing a case of plantar fasciitis.

Plantar fasciitis is caused by footwear that lacks support, too much weight gain, overly high arches or flat feet, and activities such as running or dancing, especially without proper stretching.

If your job requires you to stand for long periods of time, such as if you are a nurse or salesman, you are more prone to overstressing your plantar fascia.

Plantar fasciitis refers to the inflammation of the plantar fascia, which is a thick

ligament that runs along the arch of your sole and connects the heel bone to the toes.

Whenever you move your foot, you are also stretching and contracting your plantar fascia. If you suddenly overstretch your sole during a movement, it could cause micro-tears on the plantar fascia which makes it painful and inflamed.

A thorough physical exam from your specialist should be enough to diagnose plantar fasciitis, although an x-ray may also be needed in order to rule out a bone fracture.

### How is plantar fasciitis treated?

It can take several days to a few weeks to treat plantar fasciitis.

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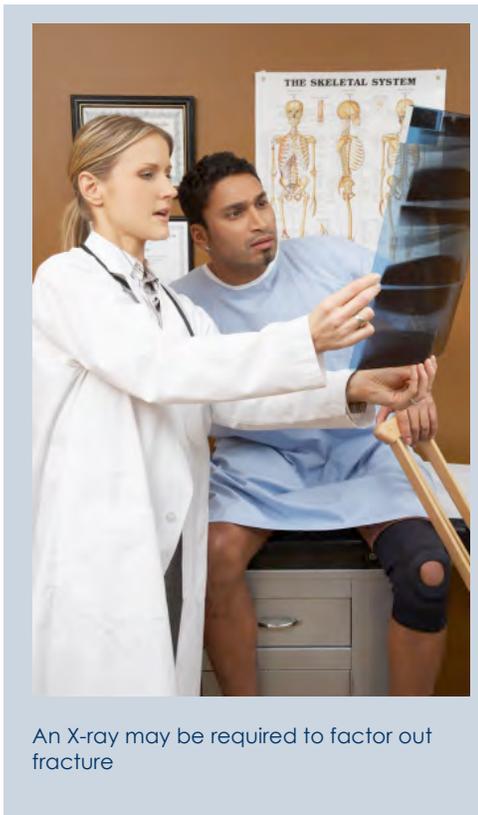
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Step by Step



An X-ray may be required to factor out fracture

## Plantar Fasciitis

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Like many other foot ailments caused by activity, plantar fasciitis is easily relieved by the standard RICE therapy: rest, ice, compression and elevation.

Applying an ice pack to the area for 15 to 20 minutes 3 to 5 times a day, as well as taping your foot with athletic tape to compress the area, can greatly reduce pain and inflammation. Pain relievers like NSAIDS (non-steroidal anti-inflammatory drugs),

also known by the generic names ibuprofen or diclofenac, can also help relieve the discomfort of plantar fasciitis.

If NSAIDs are not enough, your podiatrist may also prescribe corticosteroid injections to the plantar fascia which is a more targeted anti-inflammatory treatment. While you are recovering, you should avoid running and other activities that put stress on your feet until the pain is gone.

### How can you prevent plantar fasciitis?

To prevent plantar fasciitis from recurring, you should always make sure to warm up and stretch before physical activities. If you are overweight, losing weight may help reduce tension on your plantar fascia.

Avoid wearing high heeled footwear. If you have high arches or flat feet, there are several orthotic devices such as arch supports available to prevent overstretching your soles.

If you jog or run regularly, make sure you wear the right running shoes for your foot type. Each runner has his own gait and shoe requirements. Many running shoe retailers offer a free gait analysis within their store in order to help you choose a pair of shoes that's just right for you. Replace your shoes as soon as they start losing cushioning and support, or at least every 500 miles. □



Do proper warm up and wear supportive footwear

## Toenail Fungus- What to Do?

Toenail fungus is a condition caused by bacteria accumulated in the area under the toenails. Foot sweat combines with bacteria and fungus to form a festering sore. A common type of toenail fungal infection is athlete's foot.

Anyone who wears tight-fitting shoes or tight hosiery is more likely to develop toenail fungus, especially if they also practice poor foot hygiene.

### Prevention

In order to prevent toenail fungus, you should keep your toenails short and clean. This will prevent the growth of bacteria in those areas.

Keeping your nails dry will also help prevent this condition from developing. You must ensure that your feet and shoes are aired and dried after you return home each day.

### Symptoms

There are some common symptoms of toenail fungus, including a white or yellow discoloration underneath the tip of the nail; and a thickening or crumbling of the nail. The discoloration is due to bacteria that is forming and cannot be overlooked.

Furthermore, if you have toenail fungus you may notice that your toenail has become distorted in shape, or experience an unpleasant odor and pain in the affected area.

### Treatment and Care for Toenails

If you suspect infection, clean the affected areas regularly. Use different towels to dry off the infected skin area.



Keep your feet clean and dry!

You may also apply tea tree oil to all areas of the toenail and toe that are infected.

In addition, consult your podiatrist to see if any medication is needed.

Fortunately, toenail fungus is relatively easy to treat, as most medication available is effective in curing the infection.

Foot surgery is usually a last resort for more severe cases, which your podiatrist would have to assess. □

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## Special Thanks

Thanks for reading our newsletter;  
we hope you've gained valuable  
insights!

For any enquiries regarding foot  
care or injuries, do feel free to  
contact **Bay Area Foot Care** (see  
details left).

Thanks for your support!