



Can Anyone Please Help My Miserable Feet?

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Every year more than a million patients visit their doctor due to heel pain! The most common foot and heel discomfort is caused by an excruciating disorder known as plantar fasciitis.

What is plantar fasciitis?

The foot is comprised of many different bones, joints, tendons, and ligaments; these include the plantar fascia. The plantar fascia is a band of ligament tissue. It stretches from the heel of your foot to the middle, and it is responsible for reinforcing and supporting your arch. When this area becomes inflamed due to extreme tension on the ligament, pain erupts every time you take a step, and if left untreated, many people will even experience discomfort while at rest.

Because plantar fasciitis is one of the most common foot issues; one in ten people will experience it at some time in their life. Usually, the pain is concentrated in the heel area, and it is generally caused by small injuries that occur over an extended period of time. It's quite common for heel spurs, which are bony protrusions under the heel bone to coincide with plantar fasciitis.

There are many treatment options that you can do at home with the guidance of your podiatrist to try and alleviate the painful symptoms of plantar fasciitis. But, because of weight bearing, this area of the foot, in particular, is challenging to heal on its own. The key to getting your foot health back to normal, and you free from pain is to have medically based procedures provided by your podiatrist.

What are my options?

Laser Treatment

Laser therapy is one of the top methods to reduce your pain and inflammation. Deep tissue laser therapy uses a process called photobiomodulation, which penetrates deep into the muscles tissues using photon energy. This therapy increases cellular metabolism while decreasing inflammation and pain.



Collier podiatry sees great results in their patient's foot health with this treatment option. The best part is that there are no side effects, no harmful medications and more importantly, long lasting results.

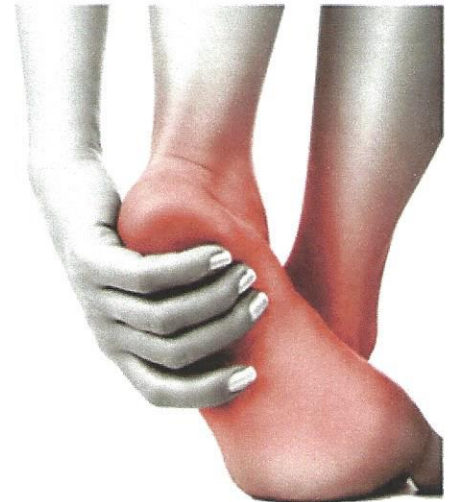
Stabilization

The second of the two mentioned treatment options is Stabilization. This option is achieved through a device such as a brace or foot support, which technically is an ankle-foot-orthosis or AFO.

Surgery

There is, of course, a more permanent stabilization option, which includes surgery of the foot and ankle, but not all patients need this. If your symptoms and pain are unbearable and not responded to traditional therapies within the specified amount of time, surgery is the most logical choice to get you back on your feet again.

The procedure is minimally invasive and requires cutting of the ligament to release the tension in the plantar fasciitis. It can be performed endoscopically with two small incisions on either side of the heel bone.



At Home Care

There are many medical ancillary options that your podiatrists can prescribe, such as ankle braces, high top orthotic shoes, lace up supports and shoes made with a medial-lateral supportive base. It's important to be examined by an experienced podiatric professional if you're experiencing any foot pain.

Along with these treatment options, Collier Podiatry will provide you with personalized instructions on the necessary amount of rest, stretching exercises and home care to get you back to doing what you love.

Dr. Michael Petrocelli is available to answer your questions and make your appointment. Please visit their website at www.collierpodiatry.com, or call them at (239) 775-0019



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