

Relieve Heel Pain with Deep Tissue Laser Therapy

Heel pain is most often caused by plantar fasciitis, a condition that is sometimes also called heel spur syndrome when a spur is present. Heel pain may also be due to other causes, such as a stress fracture, tendonitis, arthritis, nerve irritation, or, rarely, a cyst.

Because there are several potential causes, it is important to have heel pain properly diagnosed. A foot and ankle surgeon is able to distinguish between all the possibilities and determine the underlying source of your heel pain.

What Is Plantar Fasciitis?

Plantar fasciitis is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. In this condition, the fascia first becomes irritated and then inflamed, resulting in heel pain.

Causes

The most common cause of plantar fasciitis relates to faulty structure of the foot. For example, people who have problems with their arches, either overly flat feet or high-arched feet, are more prone to developing plantar fasciitis.

Wearing non-supportive footwear on hard, flat surfaces puts abnormal strain on the plantar fascia and can also lead to plantar fasciitis. This is particularly evident when one's job requires long hours on the feet. Obesity may also contribute to plantar fasciitis.

The symptoms of plantar fasciitis are:

- Pain on the bottom of the heel
- Pain in the arch of the foot
- Pain that is usually worse upon arising
- Pain that increases over a period of months

People with plantar fasciitis often describe the pain as worse when they get up in the morning or after they've been sitting for long periods of time. After a few minutes of walking the pain decreases, because walking stretches the fascia. For some people the pain subsides, but returns after spending long periods of time on their feet.



Deep Tissue Laser Therapy Successfully Treats Heel Pain

Deep tissue laser therapy may sound like something out of a sci-fi movie, but is a real technology used to accelerate your body's own natural healing process. In a process called photo-bio-stimulation the laser sends photons into damaged cells, which increases blood flow, stimulates the healing process, and reduces inflammation.

Laser therapy is effective in treating chronic conditions, acute conditions and post surgical pain. The clinical benefits of Laser therapy include fast treatment time, painless, and is non-invasive.

Laser therapy can alleviate pain, reduce inflammation, and accelerate recovery from a wide range of acute and chronic clinical conditions. As rehabilitation specialists know, the main goal of treatment for many when treating painful, debilitating conditions is to facilitate improved function and mobility. Laser therapy is a drug-free, surgery-free technique to help make that goal a reality.

ALTERNATIVE TO DRUGS AND SURGERY

The non-invasive nature of deep tissue laser therapy provides a solution for those who are looking for alternatives to prescription drugs and surgery.

WHAT TO EXPECT

Patients feel a soothing warmth as laser energy gently penetrates tissue and boosts your body's own regeneration powers to relieve your pain. Treatments are painless and generally last only five to ten minutes.

Results can be immediate but the most observed results are after 6 to 10 treatment sessions. The body continues to benefit from the effects of the

therapy for 18-24 hours after treatment. During this time, modulated cellular activity leads to decreased pain and inflammation.

IS DEEP TISSUE LASER THERAPY RIGHT FOR YOU?

Providing a solution that did not exist before, deep tissue laser therapy has become a preferred by those who have long sought relief without success. Its ability to impact pain on a cellular level provides pain relief for complex and simple conditions alike.

Deep Tissue Laser Therapy effectively treats pain and inflammation associated with:

- Plantar Fasciitis
- Sports Injuries
- Achilles Tendonitis
- Heel Pain
- Morton's Neuroma
- Tarsal Tunnel Syndrome
- Foot & Ankle Conditions
- And Much More!

Contact us today to determine if Deep Tissue Laser Therapy is right for you. Get back in action today, call for more information or to schedule an appointment, 239-775-0019.



COLLIER PODIATRY, P.A.
Michael J. Petrocelli
D.P.M., F.A.C.A.S., C.W.S.P.

239-775-0019
www.collierpodiatry.com