



In Touch with La Plata Physical Therapy & Wellness

Healthy You OPEN HOUSE Fall 2012

Our goal is to provide you with the opportunity to have your wellness questions answered. We will provide complimentary blood pressure checks, health screenings, stress evaluations, posture checks, nutritional coaching, pharmaceutical consultations and more!

Please call or email us to sign-up or for more information. Our contact number is:

301.392.5054 or email us at: laplatawellness@verizon.net

Centennial Street Café and Grace Lutheran Church in La Plata will also be sponsoring this event.

October is National Physical Therapy Month.

We believe that mobility is a key ingredient throughout our lifetime. Physical therapy continues to support this universal goal and more:

- Significantly improve mobility to perform daily activities.
- Provide an alternative to painful and expensive surgery in many cases.
- Manage or eliminate pain without medication and its side effects, in many cases.

A physical therapist will prepare a plan of care that is safe and appropriate and addresses your individual needs and pre-existing conditions.

Ward, Scott R. "moveforwardpt.com/resources/advocacy/takeaction.aspx." Happy National Physical Therapy Month. American National Physical Therapy Association. (n.d.) web. Retrieved September 2012.



Plantar Fasciitis

Pain in the heel and along the bottom of the foot is a very common complaint among patients. The plantar fascia helps maintain the inside arch of your foot. This tissue also helps to absorb shock during weight bearing activities like running, walking, and standing. With increased use and wear over time there comes continuous stress. This pulling on the plantar fascia can cause pain along the heel of your foot. "Plantar Fasciitis is a chronic overuse condi-

tion that develops secondary to repetitive stretching of the plantar fascia through excessive foot pronation during the loading phase of gait." (Giles, 2008) In chronic cases this constant pull can result in a bone spur along the origin of the plantar fascia. Treatment of this diagnosis can vary from patient to patient. Stretching, ultrasound, massage, and a foot orthotic like SUPERfeet® can improve the function of the foot to help reduce and manage pain. Look

for a burning sensation or pull from the bottom of the foot into your heel when standing after prolonged sitting, especially in the mornings when first getting out of bed. If you are experiencing pain in the heel or any other signs and symptoms of plantar fasciitis contact your doctor or physical therapist.

Scott Hettel, PTA

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Reference: PTA Exam; The complete study guide. Scott M. Giles (2008). Published by Scorebuilders Scarborough, Maine.