SMARTPHYSIO

Hampstead and Highgate Plantar Fasciitis Program

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Personal Message Sammy Margo, Director of Physiotherapy Services

Welcome to our information pack and thank you for downloading it.

There is so much information out there nowadays online, that researching to choose a treatment approach can be overwhelming.

I have created this information pack to draw your attention to some of the strategies that we have used over the years, to help 1000s of patients just like you, get relief from plantar fasciitis and get back to doing the things you love.

As a physiotherapist, the most rewarding aspect of our jobs is getting people moving well, pain-free and achieving their goals. We hope that at the end of this, we might be your choice of physiotherapy provider. However, the most important thing is that you make the right choice, whether it is with us or not.

Still have questions? Please don't hesitate to contact me on
Tel No: 02074354910

Thank you again

Sammy Margo,
Director of Physiotherapy Services

1 Avoid Long Standing

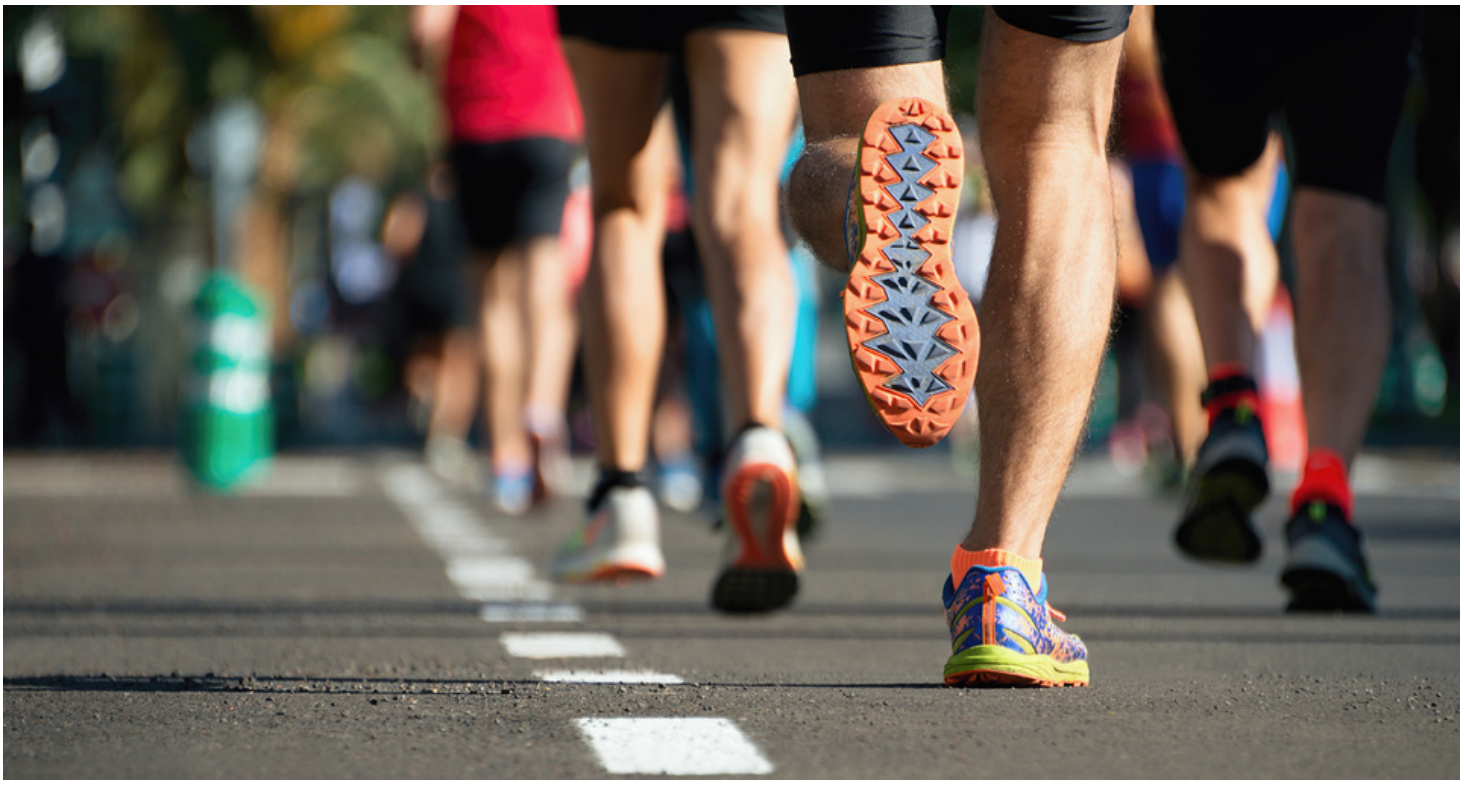
Weight bearing and standing in one place for long periods of time, is likely to cause soreness and aching especially if inflammation is already present in the area.

Try to take regular breaks if your job involves you being on your feet and change your position as much as possible to avoid long periods of time standing.

2 Avoid High Impact Exercise

High impact exercise refers to any exercise where you leave the ground and land again such as skipping or running or even aerobics class. Whilst there is inflammation and pain in the tissues in and around your heel, it is best to avoid high impact exercise as the foot's ability to cope with and absorb shock is likely to be affected at this time.

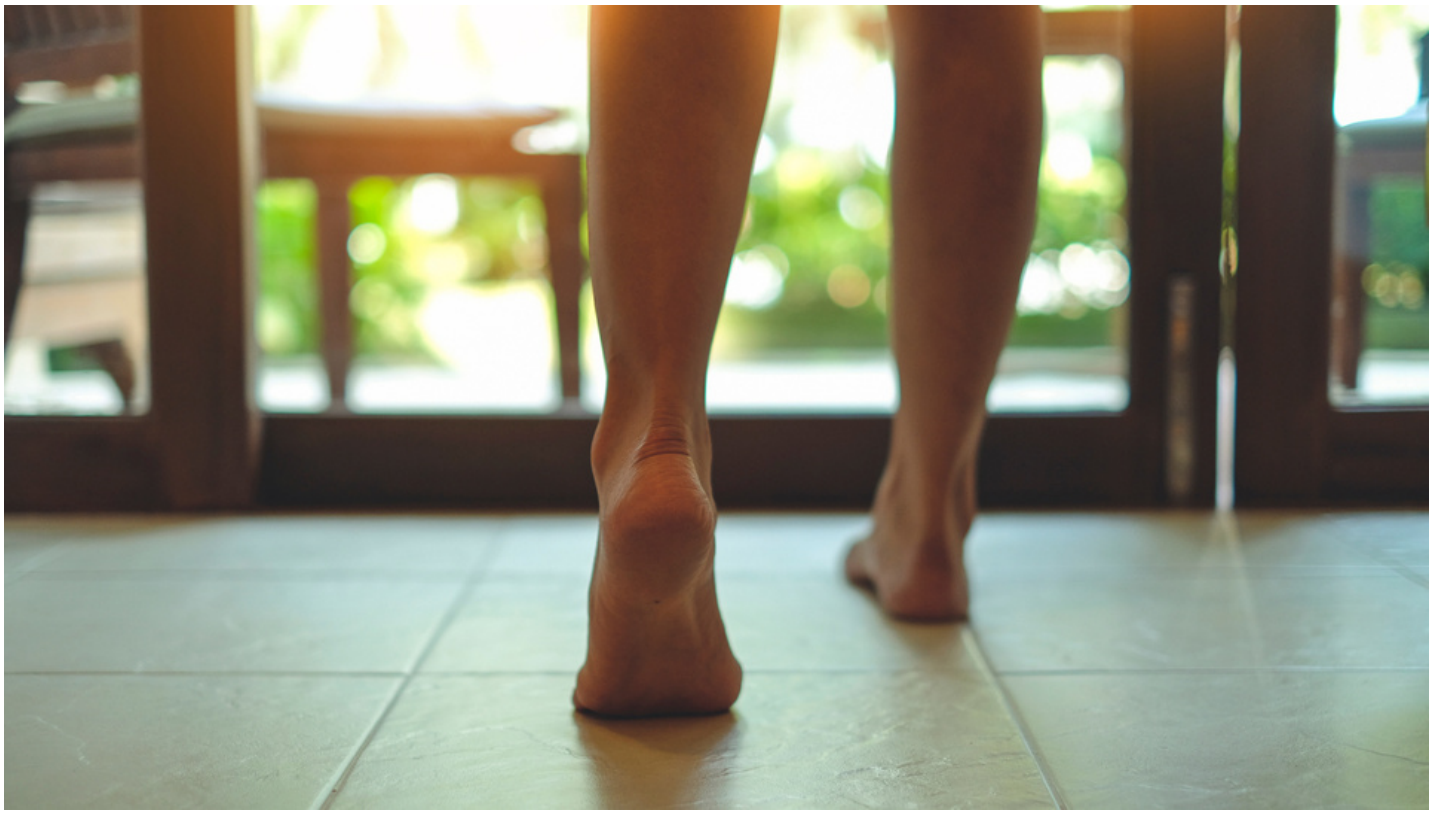
Our physiotherapist will be happy to advise you as to when it is appropriate to reintroduce exercise and will give you lots of strategies to stop the injury from recurring.



3 Avoid Walking Barefoot

When you are experiencing pain in your heel and/or the sole of your foot, it can indicate that some of the structures involved in supporting the arches and contours of your foot are inflamed. Walking barefoot means that you are weight bearing without giving these structures support.

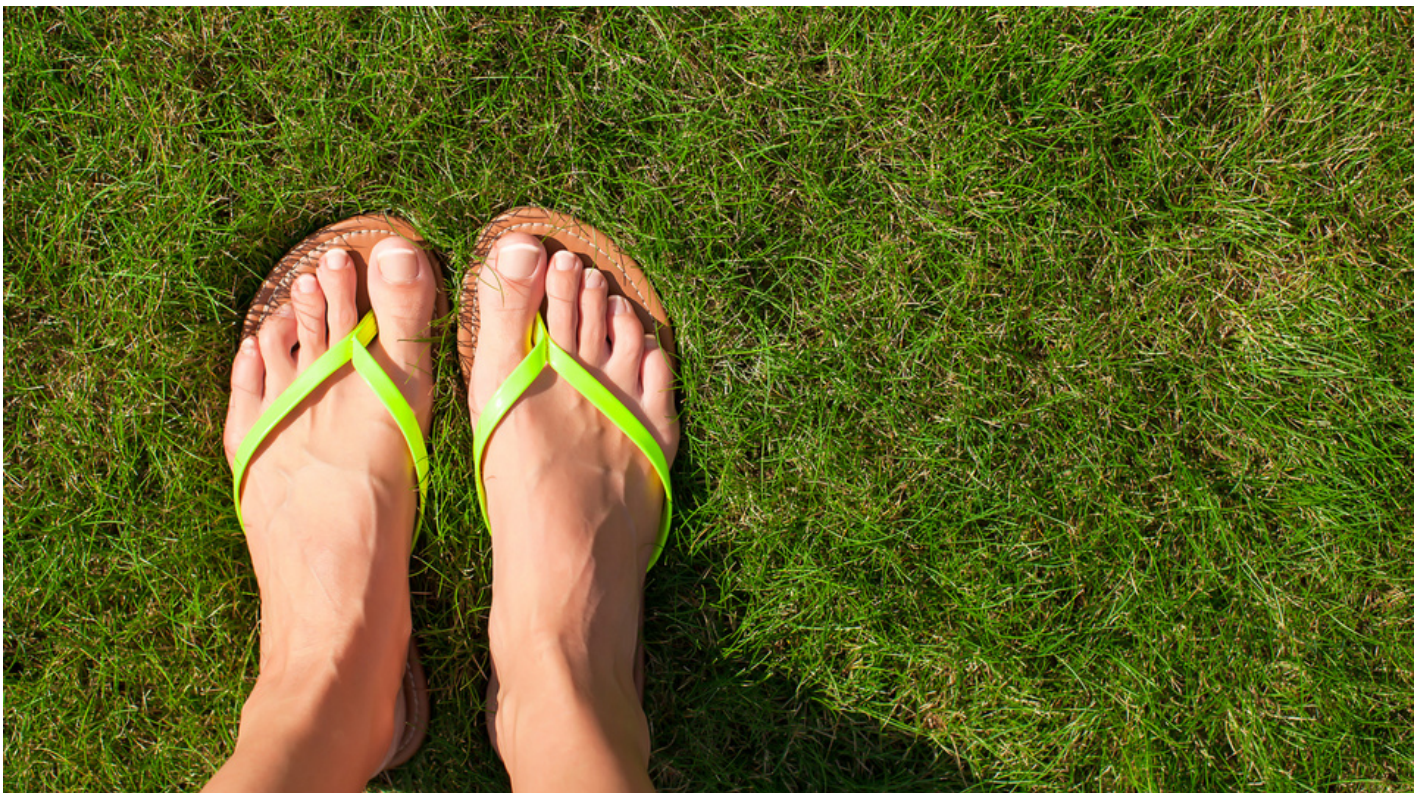
A lot of people with heel pain or plantar fasciitis, find the pain is much worse first thing in the morning, so you may find it especially useful to avoid walking bare foot at this time.



4 Aviod Flat Shoes

Very flat shoes such as ballet pumps, converse style trainers and flip flops are good examples of very flat shoes. These should be avoided. Very flat shoes provide no cushioning or shock absorption to your foot. They also provide no support to the arches and natural contours of your feet.

If you are experiencing regular pain, it is best to avoid spending long periods of time walking in this type of foot wear.



5 Gentle Stretching

It is important that you get a diagnosis as to what is causing your persistent foot pain. There are several different causes of heel pain as discussed on our web page.

Gently stretching your calf muscles as shown in this image is a good way of easing off muscle tightness in and around your ankle, which in turn can improve your quality of movement and reduce your pain.

Our knowledgeable team at Sammy Margo Physiotherapy will be able to advise you of not only stretches to help your foot pain but what you can do to keep it away for good!

6 Wearing Supportive Shoes

Until your pain resolves it is advisable to make sure that you wear supportive shoes such as trainers. This is especially important if you are going to be walking or standing for a period of time.

These types of shoes help by providing shock absorption and supporting the arches and natural contours of your foot.

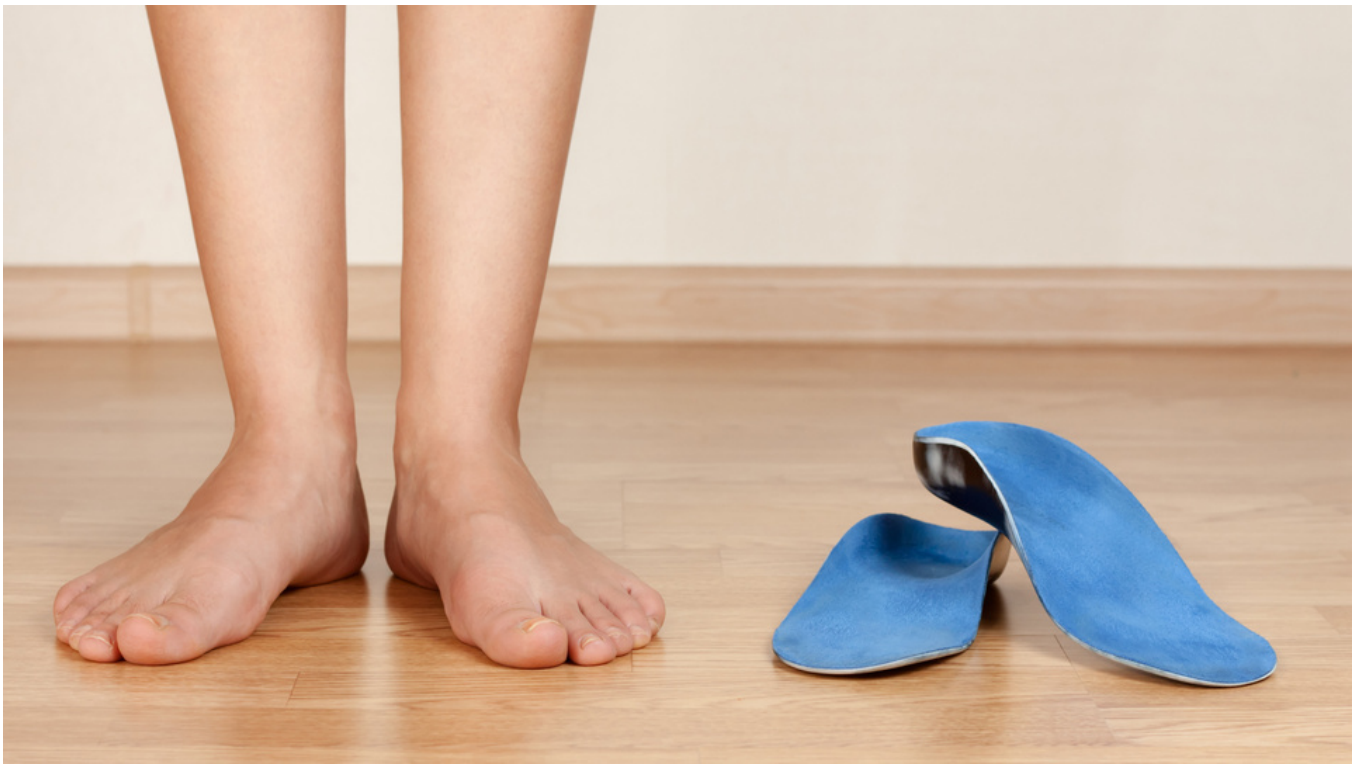
Our knowledgeable team will be happy to advise you as to what type of supportive footwear is advisable for your specific problem.

7 Over the Counter Insoles or Heel Supports

A common costly mistake when you have foot pain is to spend money on over the counter / off the rack insoles or heel supports that are described as being good for foot or heel pain.

Until you have a diagnosis as to what is causing your pain, these products are likely to give only very temporary relief or not be appropriate at all for your specific problem.

Our knowledgeable team at Sammy Margo Physiotherapy are able to diagnosis accurately what is causing your foot pain and advise you as to whether this type of product is suitable for you, often saving you a lot of money in the long term!



What is Shockwave Therapy?

Shockwave therapy, also referred to as radial pressure shockwave therapy is an emerging treatment for the management of pain caused by various musculoskeletal disorders and injuries.

Shockwaves were initially used in the treatment of kidney stones and it has now become a first-line intervention for the condition. This is because, in the process of experimentation with the treatment, researchers noticed that shockwaves could have a substantial effect on bone. A series of experimental investigations later revealed that shockwaves have a healing effect on cartilage, bone and associated soft tissues.

Today, the procedure is employed to deal with different types of soft tissue problems and other long-term problems in fascia, tendons, muscles and ligaments.

How does Shockwave Therapy Work?

The Science:

A shock wave is an intense, short energy wave that moves faster than the speed of sound. They are typically characterized by:

- High positive pressures of more than 100 MPa
- Extremely short rise times (about 10 microseconds)
- Fast pressure rises (less than 10 nanoseconds)
- Narrow effective beams (2-8mm diameter)

When a pressure wave passes through the human tissue, it produces physiological and therapeutic effects. It is believed that four phases are involved in producing these therapeutic effects.

1) Phase one is the direct effect of the shock. Mechanical pressure directly affects the cells in the tissues being targetted for treatment.

2) Phase two is the physical-chemical phase which influences the metabolism in the cell, increasing their activity to promote healing.

3) Phase three is the chemical phase which may be accompanied by molecular changes and intracellular reactions.

4) The last phase, phase four, involves physiological responses to the first three phases.

How does Shockwave Therapy Work?

continued

These physiological responses lead to:

- Faster and long-term healing.
- Regeneration of the tissue.

Shockwave Therapy can help to:

- Reverse chronic inflammation that is very common in conditions such as plantar fasciitis.
- Stimulate collagen production, which is a vital substance in natural tissue repair.
- Dissolution of calcium fibroblasts which are often part of the problem in chronic shoulder pain.

What is it used to treat?

The following conditions have shown positive responses to Shockwave Therapy:

- Plantar Fasciitis
- Achilles tendinopathy
- Carpal tunnel syndrome
- Coccydynia
- Hip or Shoulder Bursitis
- Hamstring tendinopathy
- Iliotibial band syndrome
- Lateral epicondylitis (tennis elbow)
- Medial tibial stress syndrome (shin splints)
- Myofascial trigger points
- Osgood-Schlatter disease
- Patellar tendinopathy
- Shoulder tendinitis & rotator cuff.

Can Everyone Be Treated With Shockwave Therapy?

Shockwave Therapy isn't suitable for everyone. If you have a condition on the following list you are not allowed to have this treatment:

- Haemophilia / Clotting disorder / Risk of haemorrhage
- Taking Anti-coagulant medication, eg. Warfarin or Rivaroxaban
- Cardiac pacemaker or other cardiac devices
- Unstable heart condition
- Steroid injection to the treatment site in the last 6 weeks.
- Cancer
- Pregnant / Trying to conceive
- Tumour at the site of treatment
- Infection at site of treatment.

Is Shockwave Therapy Painful?

Sometimes the treatment is a bit painful, but most people can normally tolerate this. If you cannot tolerate it, please let your practitioner know, as the dose can be amended to ensure you are comfortable.

It is also normal to feel a little tender on the area that has been treated during your session. Our team at Sammy Margo Physiotherapy will advise you on how to keep this at a minimum and what activities to avoid directly after your treatment.

Final Word

Choosing a treatment approach for an ongoing injury can be hard and there is a lot of confusing information online.

Hopefully, you found this information pack useful.

Still have questions?

Why not take us up on our free offer?

Book a FREE Plantar Fasciitis Consultation

If you are unsure if we are the right option for your specific problem, want to know more about what we could do for you or just want to speak to a professional about your problem, contact us today to arrange a FREE 15 telephone consultation.

One of our highly qualified team will then be in contact to discuss your specific injury.

For appointments please call : 02074354910