

# Getting Help for Plantar Fasciitis with Chiropractic

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If Achilles (yes, we're talking about the Greek legend) could have had any disorder, it would be plantar fasciitis. And that's because it makes the heel a person's, well, Achilles' heel.

Plantar fasciitis is one of the leading reasons behind pain in the heel. And considering the area it affects, it is extremely common among sprinters and [runners](#).

## **What Happens When You Have Plantar Fasciitis**

For a lot of people with plantar fasciitis, it starts something like this: they wake up one morning, step out of bed, and as they take their first step, a jabbing pain shoots through their heel.

It gradually decreases in intensity as you continue moving about, but it can come back with the same intensity once you go back to standing in place. This is the same pain that hits you when you stand up after being seated for an extended period of time.

Here's what's happening: a band of tissue, called the plantar fascia, runs from our toes to the heel. When the plantar fascia becomes inflamed due to any reason, you'll experience what we know as plantar fasciitis.

## What Causes it?



The band of tissue we told you about—the plantar fascia—is similar in shape to a bowstring. It's meant to absorb shock and support that arch of your foot. This is what's advertised in shoe advertisements and [Quentin Tarantino movies](#).

When this band of muscles is forced to stretch frequently, the tissue begins to tear. It can get inflamed as a result. The disease is commonly observed in people aged between 40–60. It's also far more prevalent in sportspeople among those who do exercises that involve a lot of heel work, such as ballet or aerobics.

In some cases, obesity and long hours of standing can also cause plantar fasciitis.

## How Chiropractic Can Help

Chiropractic involves the manual manipulation of the joints and muscles. It helps alleviate pain and bring your muscles and joints back to their original positions. Reducing the pain should be your number one priority, and chiropractic helps because:

- It is a stress-relieving and pain-relieving procedure
- It's non-invasive and doesn't require surgery
- It's non-addictive and doesn't require prescription drugs
- The misalignment is treated through mechanical manipulation, and this brings about a positive change in gait
- Chiropractic complements other treatments, and does not affect any surgical or clinical treatment in any way.

## Finding a **Chiropractor in West Midtown**

NuView Health Medical is always available to help you if you suffer from plantar fasciitis. We're located between 5<sup>th</sup> and 6<sup>th</sup> avenue. You can request an appointment [here](#).