

# FOOT PAIN

If you wake up in the morning with sharp pain in your heel, which fades to a dull ache during the day, physical therapy can help!

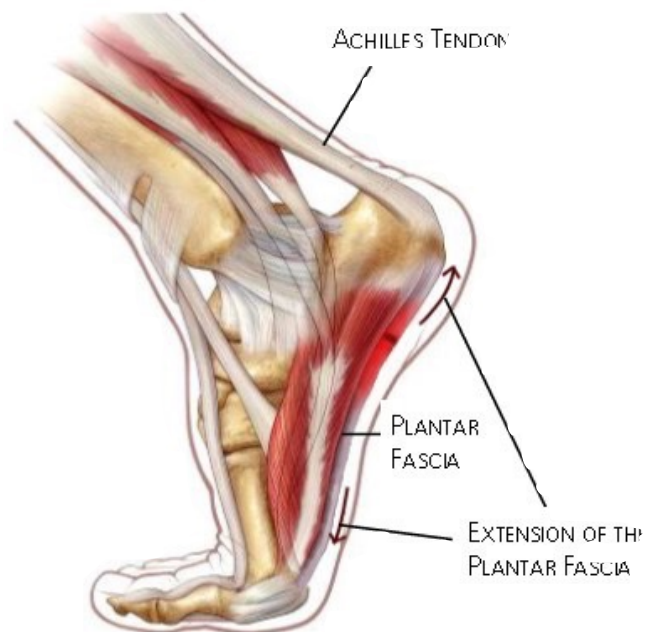
## A Frustrating Condition

Here at the clinic we see a lot of feet, and one of the most common complaints we hear is heel pain. It's sharp in the morning or after long periods of inactivity, then then fades to a dull ache after some movement. If this sounds familiar, you may be experiencing an inflammatory condition, such as plantar fasciitis or achilles tendonitis.

Foot pain is frustrating and difficult to manage on your own. **These conditions can come on gradually and are often caused by prolonged walking, standing, or poor footwear.** Inflammatory conditions like plantar fasciitis, achilles tendonitis, etc., cause scar tissue to build up, which then causes further inflammation. The earlier you seek treatment, the faster your recovery will be.

## WHEN SHOULD YOU SEEK TREATMENT?

If the pain has persisted longer than **three weeks**, it likely won't be going away on its own. **PT can help.**



## Breaking the Cycle

The good news is that treatment for these conditions is usually conservative and you can avoid surgery or injections by treating the pain with physical therapy. During the evaluation, your physical therapist will determine the cause of your foot pain, treat the pain, and devise strategies to prevent or manage your foot pain. Treatment often includes stretching the inflamed tissues, modalities that decrease the pain and relax the tissues, and exercises that help strengthen the surrounding muscles to better support the structures of the foot.



## Custom Fit Orthotics

In addition to these treatments, we offer full-contact, custom fit orthotics, which are calibrated to flex with your weight and foot type. Using a foam casting technique, **our orthotics can completely change how your feet interact with the ground.** They give your feet back their missing structure and prevent future loss of structure.



**CHECK OUT OUR YOUTUBE VIDEO TO SEE HOW WE CAST OUR PATIENTS FOR THEIR CUSTOM ORTHOTICS**

Youtube Search: **Orthotics Casting - Pearson PT**  
or scan the QR code to the right with your phone



# Foot Pain Clinic

**YOU DON'T HAVE TO  
LIVE WITH FOOT PAIN!**

**SEE HOW PHYSICAL  
THERAPY & CUSTOM  
ORTHOTICS CAN HELP**

Call to reserve: 308.872.5800

**SATURDAY  
MARCH**

**2**

**8 AM - 12 PM**