

## Fallen Arches / Flat Feet/ Plantar Fasciitis / Heel Spur

All of these conditions are interrelated and ultimately caused by the main arch falling on the plantar ( bottom) side of the foot.

### Solutions

1. Strengthen arches
2. Use Powerstep orthotic or comparable generic orthotic

### Active Treatment

1. Manipulation of the foot and ankle to normalize foot biomechanics.
2. Trigger point therapy to release the muscles in the plantar arch.
3. Ultrasound
4. Cold Laser
5. Electrical Muscle Stimulation
6. Arch support
7. Running Gait instruction

### Home Treatment

1. Ice the bottom of the foot with gel pack or soak in ice bath with toes out of water
2. Massage bottom of the arch with a golf ball. Start soft and work into the muscle to your tolerance. Great to do after icing.
3. Massage calf muscle to loosen the antagonist muscle. This is very important
4. Stretch the calf muscle group using the downward dog yoga stretch viewable under exercises on our website.
5. Night bracing as last consideration
6. Natural anti-inflammatory options listed under its own topic.
7. Orthotics - I prefer generic orthotic like Powersteps or superfeet over custom made orthotics.
  - a. Cost is about \$40 vs. \$400 and above
  - b. Comfort is greater in generics because they are not rigid.
  - c. If God meant your foot to be rigid we would have been made with one solid bone in our foot. These generics allow for your foot to have the normal spring that is needed for proper biomechanics