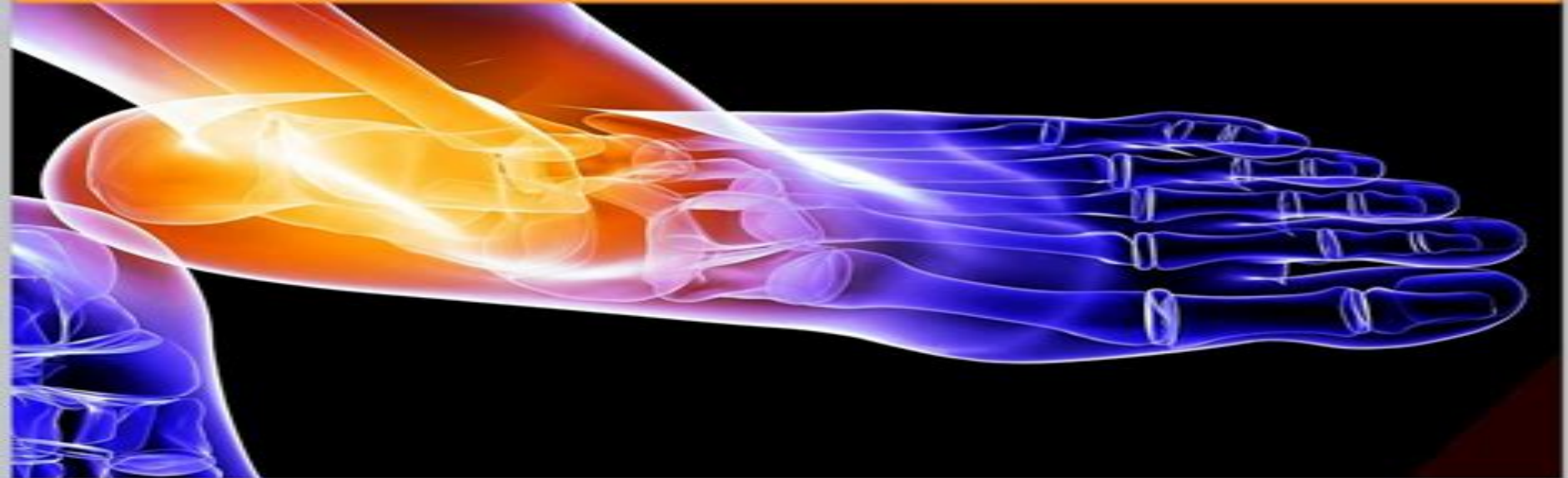


Decoding Plantar Fasciitis

an integrative approach that works!

BY MONICA PALACIO



Decoding Plantar Fasciitis An Integrative Approach That Works

**Brian James Abelson, Kamali Thara
Abelson**



Decoding Plantar Fasciitis An Integrative Approach That Works:

Plantar Fasciitis Has the Wrong Name Kevin Morgan, 2018-08-19 Everything in your body is connected Look to your hips for the source of your heel pain Dozens of treatments some expensive some dangerous Suspicious This book explains the cause and describes the progression of this disease if you fail to cure it in its earliest stages notably acute heel pain on getting out of bed running or due to some unknown reason A detailed treatment strategy is provided The product of eight years of scientific enquiry this work demonstrates that a better name for so called plantar fasciitis is nociceptive foot pain NFP The primary issues are non inflammatory and they arise elsewhere than the plantar fascia frequently involving the hips A logical treatment strategy is presented along with the story of the research journey that created this effective treatment approach This method is already helping runners and non runners to cure their acute morning heel pain Tom was in his favorite running store trying on a pair of zero rise large toe box running shoes He was also quizzing fellow athletes and staff about whether they'd suffered from plantar fasciitis JEFF'S STORY Jeff who'd served Tom several times before said I've been a runner all my life I had plantar fasciitis once It was a few years ago Running's in my blood I guess I was having a great season when I suddenly developed a horrible heel pain It was worst on getting out of bed in the morning and when I ran It really messed up my run I'd end up hobbling within a few miles The sports doc said I had plantar fasciitis I tried lots of treatments but nothing worked I'd already signed up for a 100 mile run and was pretty excited about it but the foot pain was crippling me I thought to hell with it I'll do the run anyway So I did Yes I was nervous I set off and had a horrible time for the first 60 miles My heel hurt but I pushed through it Long distance running involves plenty of pain either way Then surprise surprise Around mile 60 my heel pain vanished I just noticed that it wasn't there anymore That was several years ago and I haven't had heel pain since Based on this story you might be tempted to run or walk through your own pain Not so fast Read on ANNE'S STORY It was the first day of a triathlon training camp and about fifteen athletes including Tom were sitting in a circle Dave the head coach said I'd like each of you to tell your most severe training injury story Let's see what we can learn I learned that you should hang onto the bike when you're hit by an SUV Dave was in a wheelchair recovering from a serious bike wreck a constant hazard when training on the road Anne a tall blond about 25 slim very fit and shy was clearly an excellent athlete I was training for an important race when I developed a horrible heel pain in both feet Anne said It was really bad in the morning but it never went away all day A sports doc said I had plantar fasciitis and recommended that I stop running for a while He said there was a risk of seriously injuring my plantar fascia But I continued my training anyway You know how it is I was doing a steady 10 mile out and back in our neighborhood when both plantar fascias ripped in half I collapsed in unimaginable pain and my neighbor found me and carted me off to the hospital The same sports doc came to see me but he didn't say I told you so He's a good doctor and I trust him I ended up having surgery to repair my feet With intense physical therapy it took me over a year to walk normally and another year to start running I'm finally back but I'll never do

that again Tom thought It can progress to involve the plantar fascia but only in extreme cases Then he wondered How did Jeff fix his heel pain by running and Anne tore up her feet doing essentially the same thing Running through the pain This doesn't sound like inflammation

Stepping Out of Pain, Understanding and Managing Plantar Fasciitis Charlotte Rivers, 2023-11-19 Are you tired of dealing with the sharp stabbing pain in your heels Do you cringe at the thought of taking those first steps in the morning If you're ready to put an end to the agony caused by plantar fasciitis look no further In *Stepping Out of Pain* we delve deep into the world of plantar fasciitis offering you a comprehensive guide to understanding managing and ultimately conquering this common yet debilitating foot condition Whether you're an athlete an avid walker or simply someone who wants to enjoy life without heel pain this book is your roadmap to recovery Inside these pages you'll discover The Root Causes Uncover the underlying factors that contribute to plantar fasciitis from biomechanical issues to lifestyle factors helping you grasp why you're experiencing this pain Symptoms Decoded Learn to differentiate plantar fasciitis from other foot conditions empowering you to identify the problem and take action sooner Evidence Based Solutions Explore a range of effective treatments from stretching exercises and orthotics to medical interventions all backed by the latest research and expert insights Lifestyle Adjustments Discover how simple changes in your daily routines and footwear choices can significantly impact your recovery and prevent future flare-ups Pain Management Strategies Gain practical tips for managing pain and discomfort during your journey to recovery ensuring you can still stay active and engaged in life Real Life Success Stories Be inspired by individuals who have successfully overcome plantar fasciitis and learn from their experiences and strategies Preventive Measures Equip yourself with knowledge to prevent the recurrence of plantar fasciitis allowing you to enjoy a pain-free life in the long run Written in a clear accessible language and enriched with illustrations *Stepping Out of Pain* is your trusted companion in the quest for healthier happier feet Whether you're seeking immediate relief or aiming for a lasting solution this book offers the guidance and support you need to regain your mobility and bid farewell to plantar fasciitis for good Embark on a journey of healing and transformation today Your feet deserve it

The 5-Minute Plantar Fasciitis Solution Jim Johnson, 2008 The 5 Minute Plantar Fasciitis Solution is a simple and quick do it yourself program that will help you recover from one of mankind's most common and annoying foot problems plantar fasciitis Drawing from the latest scientific research The 5 Minute Plantar Fasciitis Solution details in plain language what plantar fasciitis is how to eliminate it and the things you can do to prevent it from ever coming back again And the best part It has been proven in randomized controlled trials to work on long-term plantar fasciitis sufferers taking only minutes a day to do Jim Johnson P T is a physical therapist who has spent over sixteen years treating both inpatients and outpatients with a wide range of pain and mobility problems He has written many books based completely on published research and controlled trials including *The Multifidus Back Pain Solution* *Treat Your Own Knees* *The No Beach No Zone No Nonsense Weight Loss Plan* *A Pocket Guide to What Works* *The Sixty Second Motivator* and *Treat Your Own Rotator Cuff* His books have been translated

into other languages and thousands of copies have been sold worldwide Besides working full time as a clinician in a large teaching hospital and writing books Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States [Real Help For Plantar Fasciitis](#)

Dr. Pete Moncado, DC, 2020-10-06 Plantar fasciitis is one of the most common foot problems in the world today For many it can become seemingly endless The answers to your recovery may possibly be right here Real Help for Plantar Fasciitis explains what it is and its main causes The material is easy to read along with full color diagrams Ready to use protocols regarding treatment and footwear are covered visually and simply This book offers a natural approach to solving chronic foot pain covering several topics such as different foot types normal vs abnormal scar tissue therapy proper orthotic use shoe shapes and th

The Plantar Fasciitis Book Donald Pelto, 2019-05-03 In this book you will learn how to determine the severity of your plantar fasciitis using a Plantar Fasciitis Scorecard This will help you determine if you can treat your symptoms on your own or you will benefit from professional help Then you will learn the main causes for plantar fasciitis Then you will learn with the Plantar Fasciitis Treatment Evaluator what is the most effective treatment for your condition There are many treatments for plantar fasciitis and this book also has links to videos that help more easily explain the treatment techniques Finally there is a resource at the end of the book to an online Amazon Storefront to purchase many of the recommended items in the book if you want to treat this condition on your own [Resolving Plantar Fasciitis - a Roadmap to Success](#)

Brian James Abelson, Kamali Thara Abelson, 2015-03-16 Resolving Plantar Fasciitis A Roadmap to Success Have you been suffering due to excruciating pain in the bottom of your foot Are you missing out on your active living lifestyle because of the pain This easy to read book helps you to understand the true causes of Plantar Fasciitis its impact on the other structures of your body your kinetic chain and provides simple non invasive and effective tools for eliminating your problem Unlike most programs which focus on just your feet you will learn to look at your body as a dynamic web of interconnected links the Kinetic Web You may discover that your Plantar Fasciitis case is caused by injuries and restrictions in other distant parts of your body You will learn how to find these problem areas and then truly resolve your Plantar Fasciitis for the long term by building your own unique individualized routine of myofascial releases stretches and strengthening exercises to address your specific issues So get back to your active pain free lifestyle and get rid of that pain in the bottom of your feet In This Book Here is a quick overview of just the top level headings in our Table of Contents

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