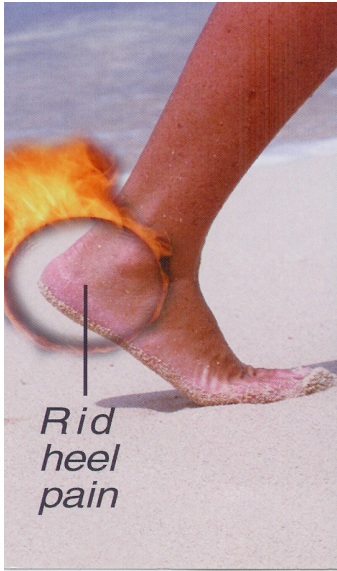


SHOCK WAVE THERAPY FOR HEEL PAIN

Heel pain is most often caused by plantar fasciitis—a condition that is sometimes also called heel spur syndrome when a spur is present. Heel pain may also be due to other causes, such as a stress fracture, tendonitis, arthritis, nerve irritation, or, rarely, a cyst.

Because there are several potential causes, it is important to have heel pain properly diagnosed. A podiatric foot and ankle surgeon is best trained to distinguish between all the possibilities and determine the underlying source of your heel pain.



What Is Plantar Fasciitis?

Plantar fasciitis is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. In this condition, the fascia first becomes irritated and then inflamed—resulting in heel pain.

The symptoms of plantar fasciitis are:

- Pain on the bottom of the heel
- Pain that is usually worse upon arising
- Pain that increases over a period of months

People with plantar fasciitis often describe the pain as worse when they get up in the morning or after they've been sitting for long periods of time. After a few minutes of walking the pain decreases, because walking stretches the fascia. For some people the pain subsides but returns after spending long periods of time on their feet.

What is Shock Wave Therapy

Shock wave therapy, also known as orthotripsy is the newest treatment for chronic heel pain. The device sends high-energy shock waves through the foot to jumpstart the healing process by regenerating blood vessels in the injured area, as well as providing an analgesic effect.

This noninvasive, outpatient procedure often requires only a single 30-minute session. Many insurance carriers are already covering the costs. For more information call for an appointment with Dr. Cain or Dr. Cauthon at 357-8720.