

Plantar Fasciitis GUIDELINES

Our program includes 4 important supplements for accelerated healing as well as food recommendations and a combination of HBOT and Laser treatments designed to ensure effective Plantar Fasciitis recovery.

Plantar Fasciitis is a very painful condition in which the fascia or covering of soft tissue such as muscles and tendons become inflamed usually due to some sort of irritation. Patients typically describe the pain as walking on glass and is usually worse first thing in the morning when you get out of bed.

SUPPLEMENT RECOMMENDATIONS

- 1) **Omega 3** (fish oil): 2.6 g per day of EPA/DHA. You must look at the EPA/DHA content, not just the total mg of fish oil. Our Xymogen Omega MonoPure has 860mg per capsule so we suggest **1-2 capsules per day**.
- 2) **CurcuPlex 95**: A Turmeric based anti-inflammatory: Take (5-10 pills a day) to reduce inflammation. The therapeutic effectiveness of basic curcumin is limited due to its poor absorption from the gastrointestinal (GI) tract. CurcuPlex 95 is formulated to increase the amount of curcumin absorbed and bioavailable.
- 3) **Vitamin D**: Ideally, we would want a blood test to see what your levels are, which should be between 60 and 80. A generally safe starting dose would be minimum 5000 IU per day for 2 weeks following the concussion.
- 4) **Magnesium Citrate**: 1 pill daily. Magnesium helps chronic and acute conditions heal faster. Most people are deficient in magnesium. This formulation has superior solubility and bioavailability compared to magnesium oxide

SELF CARE

- 1) NO SUGARS, these will ramp up INFLAMMATION.
- 2) NO processed foods like cereal, breads, pasta, chips, cookies, etc. If it comes in a box or is made in a factory, don't eat it.
- 3) So what do you eat? Get a wide variety of vegetables, olive oil, avocados, nuts, coconut oil, organic meats, wild caught fatty fish (make sure not from China due to pollution), beans.
- 4) The goal is to decrease inflammation to the plantar fascia.
- 5) Vitamin C can help fight inflammation in the fascia So look for foods rich in this helpful vitamin, including **oranges, kiwis, strawberries, tomatoes, kale and spinach**.
- 6) Peppers, mushrooms and tomatoes are also foods that are known to provide anti-inflammatory properties to your diet.
- 7) Though activity is good as it keeps the blood flowing, it may be required to rest for some time to give the tissue the needed time to heal.
- 8) Massaging the bottom of the foot from the heel to the base of the toes will be helpful in relaxing the tissue and to break up scar tissue. Sitting with your ankle on your opposite knee, pull the toes back to apply a stretch and massage from side to side.
- 9) Rolling your foot on a frozen water bottle will also help by reducing inflammation in the foot while providing a gently massage to the bottom of the foot.
- 10) Allow the bottom of the foot to relax and rest while you are sleeping. Using a Strasburg sock will help hold your feet up in a position to reduce tension on the underside of the foot and not allow it to fall forward, increasing pressure on the foot.

PROFESSIONAL CARE

- 1) Consider Frequency Specific Microcurrent (FSM) and Laser treatments 3 times per week for 2-3 weeks. These two therapies, along with soft tissue work and exercises will give your body the best chance at recovering quickly. They work at the cellular level to evoke change on the cells to remove inflammation and improve blood circulation. We can email you a link to the **current research** which supports the importance of these therapies. info@utahsportsandwellness.com

If you'd like more detailed information check out our video links on treating Plantar Fasciitis:

<https://www.youtube.com/user/UtahSportsWellness/videos>