**Volume 4 Issue 5 Patient Newsletter May, 2020**

**Foot News You Can Use**

**5 Critical Mistakes Often Made by People**

**Who Have Plantar Fasciitis Pain**

If you want the best chance for your plantar fasciitis pain to become a thing of the past, don’t make any of these 5 mistakes…

1. **Waiting too long to see a Podiatrist.**

The main reason people suffer with plantar fasciitis for so long is they think it’ll eventually go away with simple ‘home remedies.’ There is a greater risk of developing scar-like tissue the longer the pain exists. Beware of this if you’ve had the condition for more than three months.

1. **Thinking a new pair of shoes is the answer.**

We wish it were that easy. A new pair of shoes might feel good for a short time, but they won’t stop the pain of plantar fasciitis. The best shoes for this condition have a heel that is firm and raised, and a good arch support.

1. **Purchasing a heel cushion or arch support.**

It seems to make logical sense that a heel cushion or support should help relieve heel pain. Unfortunately, it almost never does. The problem isn’t the lack of cushion in our heels, it’s an unusual strain the plantar fascia ligament is undergoing with every step.

1. **Soaking your foot in warm water.**

Since plantar fasciitis is an inflammation, the better option is applying ice for 30 minutes per hour. Ice won’t cure the condition, but it can help to relieve pain – especially after a long day of standing. Heat may feel good for a short time, but ultimately it can make the condition worse.

1. **Continuing to jog or power-walk.**

Even though it might not feel terrible to do these activities, there’s greater danger of making the condition worse. The plantar fascia can even tear. Any kind of jarring is bad for inflammation. The better options are biking, swimming or using an elliptical. Once the condition is cured, you’ll eventually be able to get back to jogging or power-walking.



**High Alert on Foot Pain…**

The month of May is definitely a time when

many people start to get more active.

Taking longer walks, starting to jog outside

 or taking a class to look better for summer

are common spring activities.

If you hear of someone talking about

a foot pain, let them know about us

and we’ll take good care of them.

We have convenient

 Same Day Appointments

for any urgent matters.

Happy Spring!

 

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