

## *Tips for Toes, of the Week*

Plantar fasciitis is a painful inflammation of the heel and arch. It is caused by a partial tear of a strong ligament from the attachment to the heel bone. It often calcifies at the attachment to form a heel spur.

Once diagnosed, treatment often includes stretching.

A useful stretching exercise is used with a plastic water bottle. Fill it with water, put it in the freezer and when frozen, use it to relieve plantar fasciitis pain. Roll the bottle under the arch on a carpeted surface. It will massage the plantar fascia and cool down the inflammation. If used twice a day for 5 to 10 minutes at a time, it may help the pain.

Consult with your doctor for advise before any treatment of a foot problem to rule out any contraindications.

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