

YOUR FOOTCARE NEEDS. OUR TRUSTED SOLUTIONS.

LMC **Footcare**

HEEL PAIN

WHY DO I HAVE HEEL PAIN?

Heel pain is one of the most common foot concerns that affects people of any age. You may experience pain, or tenderness anywhere in the heel.

The most common type of heel pain is a condition called Plantar Fasciitis. This includes pain in the heel when waking in the morning and taking the first steps out of bed. The pain is relieved after 15-20 minutes of standing or walking only to return after sitting or standing for a prolonged period of time.

WHAT CAN CAUSE HEEL PAIN?

This happens when the plantar fascia (band of tissue that helps to support the arch of the foot) tears, stretches and becomes inflamed due to one or more causes such as: weight gain, inappropriate footwear, sudden increase in activity, pregnancy, flat or high arches etc.



HOW TO TREAT HEEL PAIN

A variety of effective treatments are available individually and in combination. A thorough biomechanical assessment is needed to determine the cause and most appropriate treatment options for you.

Custom Made Foot Orthotics. A prescription device that is made from a 3D impression of your feet designed to be inserted into proper footwear to correct the underlying issues causing pain in your foot

Proper Footwear. Footwear will be recommended based on your foot structure and needs. You may need cushioning or motion control and stability.

Stretching. Loosening up tight muscles and fascia can help to provide relief.

Taping. You can use athletic or medical tape to support your foot arch or heel.

Cortisone injections. An anti-inflammatory medication that is injected into the painful area to reduce inflammation and pain.



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WHY HAVE I BEEN REFERRED TO LMC FOOTCARE?

Our Chiropractors will perform a thorough medical history and various assessments to determine the cause of your heel pain. Based on our findings we will educate you on your foot structure and the way you walk to help you understand why your heel pain is happening.

We are part of one of Canada's largest teams of Medical Specialists and treat the most complex foot conditions daily in several different locations. You will never have to wait long for an appointment with many easily accessible locations across Ontario. To find the location nearest to you, visit us online at lmcfootcare.ca/locations or call 1-844-562-3668.

HOW TO REACH US TO BOOK AN APPOINTMENT:



1-844-562-3668



footcare@lmc.ca



lmcfootcare.ca

Helping you put your best foot forward.

We're committed to providing exceptional footcare treatment and education so that every step you take is pain-free.



25 YEARS
OF SERVICE



ACTIVELY INVOLVED
IN CUTTING EDGE
RESEARCH



WORK WITH-IN A
MULTIDISCIPLINARY
TEAM OF MEDICAL
SPECIALISTS



MEMBER OF THE APPROVED
PROVIDER NETWORK
FOR QUALITY AND ETHICAL
BUSINESS PRACTICES



WORK IN CLOSE
COLLABORATION WITH
YOUR FAMILY PHYSICIAN