

Plantar Fasciitis, By Dr Metzl & Med Tent

Symptoms:

- Pain in the heel or arch with first few steps in the morning
- Pain while running

Solutions:

- Stretching the calf (also try bending the knee to stretch your soleus)
- Icing
- Ibuprofen
- Inserts/orthotics
- Night splints
- Physical therapy
- Ultrasound
- Stim treatment.

If these don't work talk to your doctor about PRP (Platelet Rich Plasma)

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