

Mayo Clinic Medical Edge

*Plantar Fasciitis*

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	WHEN SARA GREEN GETS A FLARE-UP OF PLANTAR FASCIITIS, THERE'S NO WAY SHE CAN TAKE A STEP CLASS LIKE THIS ONE.
<b>Sara Green, patient</b>	"WHEN THE SYMPTOMS ARE REALLY OUT THERE, IT FEELS LIKE YOU'RE WALKING ON GLASS. BROKEN GLASS."
	PHIL ORTE [ORT], SARA'S PHYSICAL THERAPIST AT MAYO CLINIC, AGREES. YOU SEE, HE'S SUFFERED FROM PLANTAR FASCIITIS TOO.
<b>Phillip Orte, physical therapist</b>	"IT'S DISABLING."
	THE PLANTAR FASCIA RUNS FROM

	<p>THE HEEL TO THE FRONT OF YOUR FOOT. IT ACTS AS A SHOCK ABSORBER AND ARCH SUPPORT. FLAT FEET, INJURY OR OVER USE CAN CAUSE THE FASCIA TO BECOME INFLAMED AND VERY SORE. SO WHAT CAN YOU DO?</p>
<b>Phillip</b>	<p>“STRETCHING. FIRST THING IN THE MORNING.”</p>
	<p>AND SEVERAL MORE TIMES DURING THE DAY. ALSO, YOU SHOULD APPLY HEAT BEFORE WALKING OR EXERCISE AND ICE IT AFTERWARDS. AND IF THE PAIN IS BAD, DON'T PUSH IT. STAY OFF YOUR FEET AND GIVE THEM A REST.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>