

# The Mortar & Pestle

## Volume 3 Issue 5

### Stafford Pharmacy and Home Healthcare

#### PLANTAR FASCIITIS

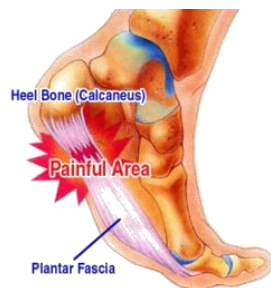
Are you suffering from heel pain? Is the pain at its worst first thing in the morning? You may be suffering from plantar fasciitis (PLAN-tur fas-e-I-tis).

#### What is plantar fasciitis?

The plantar fascia is a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes. This seemingly small tissue is responsible for supporting your full body weight and the arch of the foot. When this tissue is excessively stressed, it can stretch and tear resulting in inflammation and pain.

#### What are the symptoms of plantar fasciitis?

The pain associated with this condition is often described as a “hot” or “sharp” sensation in the heel. The pain is usually at its worst first thing in the morning when you stand, and lessens or disappears throughout the day. However, the pain may return after resting for a period of time and then resuming activity.



#### What causes plantar fasciitis?

Common causes of plantar fasciitis include:

- Flat feet
- High arches
- Sudden increase in activity
- Increased weight gain (obesity or pregnancy)
- Poorly fitting footwear

#### How is plantar fasciitis treated?

There is no single cure for plantar fasciitis; however there are many treatment options to help ease the pain. In order to eliminate plantar fasciitis, the cause must be identified and corrected.

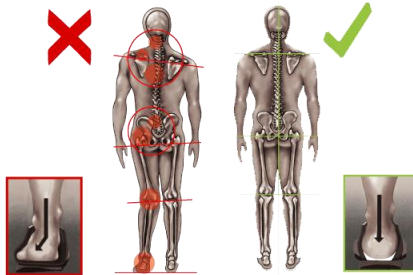
The following are possible treatments of the condition:

- Change your footwear or add insoles (*SUPERfeet*) to ensure proper arch support
- Avoid walking barefoot indoors – an athletic shoe or Birkenstock sandal provide the best support
- If weight is a contributing factor, speak with a dietician for advice on a healthy weight loss plan
- Rest until it is not painful – reduce the amount of activity you are doing and increase as tolerated
- A physiotherapist can also provide care to ease symptoms of plantar fasciitis
- Icing the area 3-4 times per day for 15 minutes can help to alleviate pain
- An anti-inflammatory, such as ibuprofen, orally or applied topically (prepared by a compounding pharmacy such as *Stafford Pharmacy & Home Healthcare*) can help to alleviate pain

**If you are or think you may be suffering from plantar fasciitis speak with a member of our pharmacy or home health care departments today, we can help to ease your pain.**

## SUPER*feet* PREMIUM INSOLES

Our feet are the foundation of our skeletal system. Wearing non-supporting shoes can cause painful skeletal misalignment issues leading to: foot and ankle pain, knee stress, hip and joint stress, lower back and neck strain and spinal distortion. SUPER*feet* help relieve the pain and discomfort caused by an unsupported foot during everyday activities, sports and work.



We recommend SUPER*feet* insoles to alleviate the pain caused by plantar fasciitis. By providing arch support and improving your gait, these insoles decrease the pressure on your plantar fascia and therefore improve symptoms. They are also recommended to reduce pronation, blisters, bunions and “hot spots” caused by friction in your shoes. SUPER*feet* insoles can turn flimsy shoes into supportive shoes in an instant. Better yet, they can be transferred from shoe to shoe so you have support no matter which pair you are wearing.

SUPER*feet* insoles come in a variety of shapes, sizes and styles to fit each individual's needs based on the type or support needed and foot size.

If you think you may benefit from SUPER*feet* Premium Insoles, speak with one of our Home Healthcare staff members today. They can help you select the proper insert to help you support your feet and align your body!

## BLISTERS BREAKING YOUR STRIDE?

Spring has sprung and with that comes running, hiking, and long walks. While enjoying these activities, new or improperly fitting footwear can result in painful blisters which can cut these activities short or make them miserable. Luckily, there is a solution!

The Spenco Blister Kit contains everything you need to treat or prevent blisters from forming. Blisters are caused by friction on the skin. The Spenco Blister Kit contains a unique 3 layer system which decreases friction in order to prevent and treat blisters. The first layer is a 2<sup>nd</sup> skin moist pad which is placed directly on the blister or “hot spot”. Next an adhesive knit fabric fits securely over the 2<sup>nd</sup> skin, holding it in place. Finally, pressure pads protect “hot spots” on the skin and prevent rubbing and the formation or worsening of blisters.



The Spenco Blister Kit is a great treatment to carry in your purse while traveling or in your backpack while hiking. Don't let blisters ruin your vacation or outdoor activities. Visit our Home Healthcare department today to ask about this product and ensure you remain blister free this year!

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### **Volume 3, Issue 5**

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