

Mayo Clinic Medical Edge
Treating Plantar Fasciitis

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	DO YOU STAY IN BED DREADING THOSE FIRST STEPS IN THE MORNING? WELL YOU DON'T HAVE TO TAKE THE PAIN OF PLANTAR FASCIITIS LYING DOWN.
Karen Newcomer, M.D.	"STRETCHING IS A GOOD PLACE TO START, AND ICING."
	SOME OF THE OTHER THINGS THAT MAYO CLINIC DR. KAREN NEWCOMER SUGGESTS TRYING; WEARING THE PROPER FOOTWEAR AND CHECKING INTO YOUR NEED FOR AN ORTHOTIC. IF YOU'RE A RUNNER, REPLACE YOUR SHOES EVERY 350 TO 500

	MILES.
Dr. Newcomer	“THERE’S NO ONE GREAT TREATMENT FOR EVERYBODY, SO SOMETIMES YOU HAVE TO TRY DIFFERENT TREATMENTS.”
	NIGHT SPLINTS ARE ANOTHER POSSIBILITY. AS THE NAME IMPLIES, SPECIAL SPLINTS ARE WORN AT NIGHT, STRETCHING OUT THE PLANTAR FASICA, KEEPING IT FROM TIGHTENING UP AND CAUSING THE PAIN. WHATEVER TREATMENT YOU TRY, DR. NEWCOMER SAYS ...
Dr. Newcomer	“BE PATIENT WITH IT. TRY TO REST AND EVENTUALLY IT USUALLY GOES AWAY.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.
