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○ 2009



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# Plantar Fasciitis

Plantar fasciitis is an injury of the main ligament in the arch of your foot. The plantar fascia runs from heel to toe across the bottom of your foot and acts as the main soft tissue support of your arch.

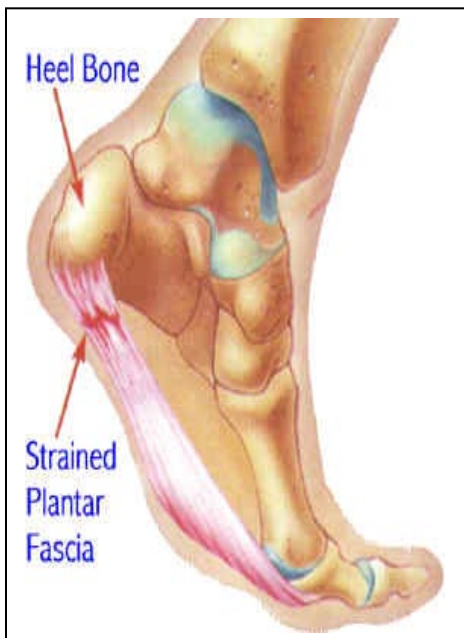
The main symptom of plantar fasciitis is heel pain. Some people will feel pain throughout the entire arch of the foot. Frequently symptoms are worst first thing in the morning or the first steps after sitting for a prolonged time. As symptoms increase any walking or weight bearing activity can become painful and debilitating.

Plantar fasciitis is usually caused by repetitive stress on the arch because of abnormal foot mechanics. With over pronation the foot widens and elongates excessively pulling on the plantar fascia. With a high arch or supinated foot the plantar fascia becomes shortened and tight and is susceptible to

abnormal force. In both cases extra tension on the fascia can cause abnormal force where it attaches to the heel bone causing tissue damage and inflammation.

Treatment consists of two stages. The first stage is decreasing any acute inflammation. The second stage is changing the mechanics of the foot to decrease stresses on the fascia and prevent re-injury. To decrease initial pain anti-inflammatory treatments are indicated, including oral anti-inflammatories, ice, taping, soft tissue mobilization, and physical therapy modalities such as low level laser. To improve mechanics of the foot stretching of the fascia and calf muscles are very important to reduce stress. Custom foot orthotics are also important in long term management of plantar fasciitis. Properly supporting the arch will reduce stress on the fascia, allowing it to heal and preventing future injury.

If you have questions about plantar fasciitis, custom foot orthotics, low laser treatments or other injuries contact Ascent Physical Therapy at **970-949-9966**.



## Is Your 2009 Deductible Stressing You Out?

Can you believe we're approaching 2009, unfortunately for some of us it also means our deductibles will restart and then what? If the ever increasing co-pays and deductibles aren't bad enough insurance companies are pushing more and more of the financial burden onto patients.

The staff at Ascent Physical Therapy understands what you're going through and would like to **offer all patients an affordable cash discount** if under insured or lack coverage.

Let's face it, most of us live a healthy active lifestyle, do you really want to be left out on sidelines because you need help but have poor insurance and don't know what to do?





## How Bad Is My Back?

An acute episode of back pain generally resolves within 4 weeks for 90% of people experiencing back pain for the first time. However, approximately 80% of these individuals will suffer a recurring episode within a year.

Why is this? Current research shows that significant spinal muscle dysfunction can occur with even a minor back injury. So, even if the initial back pain resolves fairly quickly these muscle changes may leave you at a higher risk for injury if you don't do something to recover your proper muscle function.

How do you tell the difference between a sore back and an injury which may cause longer term issues?

If you answered yes to any of these questions you may have a more significant injury to your back. One that may resolve on its own, but will probably become a problem again later on.

However, it is not all bad news. With a proper program of flexibility exercises, postural training, and core strengthening, most backs can have their proper function restored. This allows you to resume your normal lifestyle without fear of hurting yourself again.

Call Ascent Physical Therapy today **970-949-9966** to see if we can help your back.

### Here are some questions to ask.

- Were you involved in a traumatic event?
- Did you have sudden pain with bending or lifting?
- Has your pain lasted longer than 3 days?
- Have you had previous episodes of back pain?
- Do you have pain in your buttocks or legs?
- Does your pain worsen with sitting, standing, walking, or sleeping?
- Do you change normal activities because you are afraid your back might hurt?

**WIN FREE  
MOVIE  
TICKETS!!!!**

### **Brain Teaser**

I have many feathers to help me fly. I have a body and head, but I'm not alive. It is your strength which determines how far I go. You can hold me in your hand, but I'm never thrown. What am I?

First 5 people to call Ascent Physical Therapy and answer the question correctly wins 2 free movie tickets.

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