

WELLNESS WITHIN

Official newsletter of Advanced Body Medical

NOVEMBER 2024 | ISSUE NO. 1

Understanding Plantar Fasciitis

CAUSES, SYMPTOMS, AND EFFECTIVE TREATMENTS FOR HEEL PAIN

Plantar fasciitis is a common cause of heel pain, which affects the plantar fascia, a thick band of tissue that runs along the bottom of your foot, from your heel to your toes. This tissue acts as a shock absorber and supports the arch of your foot. When the plantar fascia becomes irritated or inflamed, it can lead to pain, especially in the heel area.

Causes of Plantar Fasciitis:

- **Overuse:** Repeated stress on the feet from activities like running, walking, or standing for long periods can strain the plantar fascia.
- **Foot Mechanics:** Abnormal foot mechanics, like flat feet, high arches, or improper footwear, can place extra pressure on the fascia.
- **Tightness in Calf Muscles:** Tight calf muscles can cause excessive strain on the plantar fascia, leading to inflammation.
- **Obesity:** Excess body weight can put additional stress on the feet and contribute to the development of plantar fasciitis.
- **Age:** It's most common in people between the ages of 40 and 60, though it can affect individuals of any age.

Symptoms:

- **Heel Pain:** The most common symptom is pain in the heel, especially with the first few steps after waking up or after sitting for a while.
- **Pain after Activity:** The pain may worsen after long periods of standing or after exercise, but it usually decreases with rest.
- **Stiffness:** The bottom of the foot can feel tight and sore, particularly in the morning.



Treatment Options:

- **Rest and Ice:** Reducing activities that strain the feet and applying ice to the heel can help reduce inflammation.
- **Footwear:** Wearing supportive shoes with good arch support and cushioning can alleviate pain. Avoid walking barefoot on hard surfaces.
- **Stretching:** Stretching the Achilles tendon, calf muscles, and plantar fascia can help relieve tension.
- **Orthotics:** Custom or over-the-counter shoe inserts can provide support and help with foot alignment.
- **Physical Therapy:** A physical therapist can teach exercises to strengthen the muscles of the foot and improve flexibility.
- **Medication:** Nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen, can help reduce pain and inflammation.
- **Pulsewave:** also known as extracorporeal shock wave therapy (ESWT), is a non-invasive treatment that delivers rapid pulses of energy to the affected area using a special device that emits high-pressure sound waves. These waves penetrate deep into the tissue, stimulating blood flow, increasing cellular activity, and promoting the body's natural healing processes.

DO YOU SUFFER FROM PLANTAR FASCIITIS??

Now through December 1, 2024 Advanced Body Medical is offering our pulsewave therapy at **20% off!** These in-office treatments take minutes with no downtime and give lasting relief!

Call today to schedule! 734-697-4244



Celebrating Patient Victories



"I strained my piriformis muscle Nov 2023. For the next 5 months I was in PT (physical therapy). My pain was constant. Sitting, standing, or walking too long was extra painful. After 4 months my pain became worse at night, waking me 3-4 times/night. I became sleep deprived. In July, Dr. Anna Loranger referred me to Advanced Body Medical. After a consultation with Sandy, N.P., she suggested a stem cell injection which would kick in in 3 months. Included were 3 ultrasound treatments. After 2 months time I noticed improvement. By 3 months time I am pain free, sleeping through the night, and back on the pickleball court! Thank you Advanced Body Medical!" ~ Linda L.



Seasonal Wellness Tips

As the year starts to wind down, autumn invites us to slow down, reflect, and prepare for the winter ahead. The energy shifts toward introspection, grounding, and harvesting the fruits of the year.

Key Practices:

- **Eat Seasonal Produce:** Enjoy hearty root vegetables, squashes, and warming foods like soups and stews. Foods like sweet potatoes, carrots, apples, and pears are grounding and nourishing.
- **Create a Cozy Space:** As the days grow shorter, make your home a haven of comfort and warmth. Lighting candles, using essential oils like cinnamon or clove, and creating a cozy atmosphere help with seasonal transitions.
- **Focus on Reflection and Gratitude:** Take time to journal, meditate, or practice gratitude for the abundance of the year. This is a good time for introspection and evaluating what you've learned or accomplished.
- **Move Slowly but Intentionally:** While the energy may slow down, keep moving with intention. Gentle forms of exercise like walking, tai chi, or yoga are great ways to stay connected to your body without overexerting.
- **Support Immune Health:** As the weather changes, focus on boosting your immune system with foods rich in vitamins A, C, and zinc, along with herbal teas like echinacea or elderberry.



Anti-Inflammatory Turmeric Apple Smoothie Recipe



This delicious, light, nutritious, smoothie can be made hot or cold to jump start your day!

Ingredients:

- 2 red apples - cored, peeled and chopped
- 1/4 inch fresh ginger
- 1/2 tsp turmeric
- 1 cup ice
- 1 cup water (could substitute coconut water)
- Maple syrup - or any other sugar substitute to sweeten it

Instructions:

1. Add all ingredients into blender and enjoy!
- For hot, hold ice and use hot/warm water

Courtesy of www.easycokingwithmolly.com



November Saturday Office Hours 9 am - 12 pm:

11/2/24 - Dr. Brian

11/16/24 - Dr. Anna

11/30/24 - Dr. Lisa



Advanced Body Medical
125 W. Columbia Ave
Belleville, MI 48111
734-697-4244
www.advancedbodymedical.com

