



Capital District Podiatry, PLLC
Dr. Tejas Pandya

CapitalDistrictPodiatry.com

Happy NEW YEAR

CALL (518) 273-0053



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APPOINTMENT



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763 Hoosick Rd.
Troy, NY 12180



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Clifton Park, NY 12065

IS PLANTAR FASCIITIS THE REASON FOR YOUR HEEL PAIN?

There are many issues that bring patients into our offices, but one of the most common is plantar fasciitis. This source of heel pain is often at its worst first thing in the morning, but can cause issues throughout the day as well. Fortunately, most cases are treated with the use of nonsurgical methods, and prevention measures can reduce the risk of sustaining this condition.

CAUSES

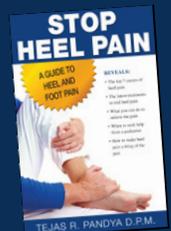
- Excessive pressure
- **High-impact activities**
- Standing for extended periods of time

SYMPTOMS

- Sharp, stabbing pain experienced with the first steps following rest
- Stiffness
- Inflammation



FREE BOOKS



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ORDER NOW

PREVENTION METHODS

The best form of treatment for any condition is to prevent it from happening in the first place. For plantar fasciitis, that often means:



STRETCHING EXERCISES

Stretches to increase the limberness of the ligament, calf muscles, and Achilles tendon will help to prevent excessive tension on the fascia.



SHOE CHOICES

When buying a new pair of shoes, pick out a pair that offers good shock absorbency, solid arch support, and low to moderate heels.



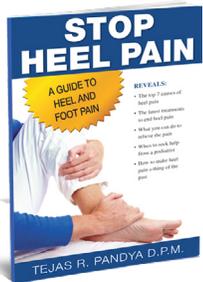
MAINTAIN A HEALTHY BODYWEIGHT

This simply reduces the amount of stress on the tissue.



CROSS-TRAIN

Sub out some high-impact exercises during your weekly workout regimen with low-impact ones like swimming, cycling, and yoga. Not only will this lower your injury risk, it will also contribute to greater overall fitness.



FREE BOOK

When you have sore feet, whether from plantar fasciitis or another root cause, be sure to come see us! We will evaluate your condition, provide an accurate diagnosis, and then create a customized treatment plan to provide the relief you need. [Schedule your appointment online today!](#)

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HEEL PAIN



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