



Breakthrough Podiatry

A revolution in foot care

Newsletter August 2006

Are the Symptoms in Their Shoes? Louise, a 50 year old Breakthrough Podiatry patient, came in complaining of heel pain. "Doc - ya gotta help me! I've got this nasty pain in my heel. It hurts badly enough that I can't walk normally...I have to limp around on the ball of my foot, and I've spent a fortune on several pairs of new shoes - but nothing seems to do the trick. I need to get out of this pain, fast!!!!"

Louise's heel pain was caused by a podiatric disorder known as plantar fasciitis, a widespread problem affecting thousands of people each year. Plantar fasciitis is disruptive and painful, and can last for years if not properly treated. Fortunately for Louise and other Breakthrough Podiatry patients, she was liberated from pain within just 5 visits.

The primary cause of plantar fasciitis is a prolonged stretching of the plantar fascia, not a heel spur. This can have many causes, but often is associated with prolonged pronation (collapsing of the medial arch) during the 2000 plus steps we take each day per foot. In Louise's case, many years of wearing high heels had caused the plantar fascia to stretch to the point of collapse. Breakthrough Podiatry's expert, innovative podiatric treatment approach considered her entire body, lower extremities, and foot function to attain results that few others can achieve.

Physicians can combat plantar fasciitis by being aware of the most common symptoms and then referring them to Breakthrough Podiatry, where patients will benefit from the latest, ground-breaking treatment methods to obtain exceptional outcomes.



Common symptoms include:

- 1) Toothache-like pain localized at the inside/ bottom of the medial heel**
- 2) Pain upon standing after sitting or arising from sleeping**
- 3) Alleviation of pain for a short while with inevitable return to the same location**

Lead by Bruce Williams, Doctor of Podiatric Medicine, Breakthrough Podiatry challenges convention to deliver outstanding results, reduce failed podiatric therapies, and improve foot health. The majority of Breakthrough Podiatry patients overcome pain in 5 treatment visits or less.

Dr. Bruce Williams specializes in

plantar fasciitis

and other podiatric disorders.

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