

Plantar Fasciitis

**Active Release Technique is solving eventhe toughest cases
without injections, surgery or physical therapy.**

Active Release Technique (ART)

ART is a patented, state of the art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves.

Even when most doctors say medications or surgery is the only answer, ART may still be able to resolve the symptoms and put you back on the courts and into your best game.



What conditions benefit from Active Release Technique?

ART may also be used to successfully treat these other upper extremity soft-tissue injuries

- Tennis and golfers elbow
- Carpal tunnel syndrome
- Hip, knee and ankle pain
- Low back pain
- Plantar fasciitis
- Stress headaches
- Pain between shoulder blade

What causes Plantar Fasciitis?

Plantar fasciitis is the most common cause of heel pain in adults and afflicts women more frequently than men. It is often seen in runners and dancers who use repetitive, maximal plantar flexion of the ankle and dorsiflexion of the metatarsophalangeal joints; in patients who experience sudden weight gain; and in overweight persons who increase their activity level. The classic symptom of plantar fasciitis is heel pain that occurs with the first several steps in the morning and lessens as walking continues, usually after 20 minutes. Individuals often have pain at the beginning of an activity that diminishes or resolves as they warm up but generally recurs after the activity and frequently describe the pain as a deep ache or tenderness at the anteromedial region of the calcaneus on the plantar surface of the foot. The pain may also occur with prolonged standing and can be accompanied by stiffness. In severe cases, the pain continues to worsen as activity progresses and becomes most intense at the end of the day.

The plantar fascia originates from the medial calcaneal tuberosity, fans out across the sole of the foot, and inserts into the toes at the metatarsal heads. This dense band of tissue supports the medial longitudinal arch of the foot and provides dynamic shock absorption. At the beginning of the stance phase of the gait cycle, shortly after heel strike, the tibia rotates internally and the foot pronates, stretching the plantar fascia as the foot flattens. Because the fascia has no elastic properties, repetitive stretching results in micro tearing and inflammation at its origin. Repetitive micro tearing of the plantar fascia leads to collagen degeneration at the medial tubercle of the calcaneus, which eventually causes heel pain.

Predisposing factors that can excessively stretch a tight plantar fascia—and thus lead to repetitive micro tearing. Factors include training errors, improper footwear, change in distance or intensity of physical activity, change in running or walking surfaces, decreased

plantar flexion strength, reduced flexibility of the gastrocs, tight Achilles tendon, excess pronation, discrepancy in leg length, bone misalignments, and obesity or sudden weight gain (as in pregnancy).

Plantar fasciitis is generally a self-limited condition. Unfortunately, resolution can take 6 to 18 months, which can be frustrating. Although the condition is usually self-limited, it is a great mistake to ignore getting treatment. The longer the symptoms exist, the more tearing will take place and the less likely healing will occur.

How does Active Release work?

When an injury occurs to a muscle, tendon or ligament, it tends to become tight and inflamed. A cycle begins to take place where friction and inflammation around the injured area increases, causing the area to swell and constricting normal blood flow. The body's natural response to this inflammation and reduced circulation is fibrosis and adhesions.

This fibrosis and adhesions glues together the muscle fibers and surrounding structures, leading to pain and improper function. The muscles become tight, leathery and bound-up with a higher probability to injure again. The pain comes and goes causing each flare-up to a little worse than the previous. Hence, the cycle continues. Physical therapy, massage and even chiropractic typically cannot fix this problem. At this point, most doctors would perform surgery, with minimal results and months of rehab.

During a session, which can last as long as an hour and as short as a few minutes, both the doctor and patient can feel the adhesion rip apart. Only six to twelve sessions are needed to fix most problems. The results can be so instantaneous that many patients can work out or train after a treatment. While some patients need further treatments, most can maintain the improvements with a proper diet, exercise and stretching program.

OptimumHealth

CHIROPRACTIC

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Patient Testimonials

I had pain in my hip and knee for the last 6 months and couldn't run more than 2 miles before having to stop due to pain. I had seen countless doctors for it to no avail and had to stop training. After being treated by Dr. Tuchscherer six times I was able to run 16 miles with out pain. Thank you so much!

Jeff H. tri-athlete

I would strongly recommend Dr. Tuchscherer and A.R.T. to any athlete who has been having shoulder pain and not been able to get rid of it. I was having extreme pain and discomfort in my shoulder for 6 months and had to stop training. After 8 treatments I was back to lifting and swimming as much as I wanted with no pain or discomfort

Chris G. tri-athlete

Halfway into training for my first marathon, my IT band flared up horribly. I couldn't even run 2 blocks without so much pain that I had to stop. I tried doing some stretching and exercises I found on the internet at home, but nothing was working. I thought my running days were over, not to mention my dream of finishing my marathon. Three weeks later a friend told me about ART. I thought it sounded far-fetched, but I was so desperate at that point that I thought I'd try it. After just one session with Dr. Tuchscherer, I was able to run 4 miles without pain. It seemed almost unbelievable to me. Over the next few weeks, we got my running back to the mileages I was at before. I went on to not only finish my first marathon, but to qualify for the Boston marathon as well, a lifelong goal of mine! Thank you Dr. Tuchscherer!

Katie T.