

Introduction to Treatment of Plantar Fasciitis Video Series

How to use this program:

This is a free program made up of a series of videos designed to help you heal your plantar fasciitis. It is also a work in progress. We may add, delete, or alter information or videos based upon your feedback.

Try not to be intimidated by the number of videos that make up this free program. You may not need to watch all of them. We do however recommend, at a minimum, you watch videos 1-4 to start. In addition, watch all videos whose titles appear relevant to you. If your plantar fasciitis is not getting better, you may want to watch them all. You can watch them over a several week period and absorb the information as you go.

We recommend watching relevant videos several times. Those who understand and follow the details of relevant videos have a much greater chance at success.

Print out the guide sheet that accompanies each video. The guide sheet will provide you with a portable copy of the information provided in each video.

Questions?

We cannot answer questions about your specific case of plantar fasciitis, but we absolutely value your feedback. Please let us know if a video is unclear, or if further information is needed. If you do have a question about a certain video, please include the title of the video with the question. Check out our question and answer section to see if your question has already been asked. Our question and answer section will also be a work in progress.

What is plantar fasciitis?

The plantar fascia is made up of three thick flat, fibrous bands on the bottom of your foot. These three bands help form the arch of your foot. With plantar fasciitis you may have sustained some micro tears in the band or bands. The microtears result in inflammation of the plantar fascia. “Itis” refers to inflammation. Hence the name plantar fasciitis. The plantar fascia bands have a poor blood supply and generally do not heal quickly.

How long will it take for my plantar fasciitis to heal.

Recovery can take anywhere between 6 weeks to 3 years depending upon how quickly you address the problem and other factors.

Quick Wins

In all our free video series, we try to begin our program with some quick wins. A quick win is advice to help you obtain the most amount of benefit with the least amount of effort. Three quick wins are highlighted in the video of this series entitled: **The 5 Things Everyone with Plantar Fasciitis Should Do Every Morning.**