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HEEL PAIN & PLANTAR FASCIITIS



If you are experiencing heel pain, it could be a common ailment called plantar fasciitis. The plantar fascia, a thick band of tissue that runs across the bottom of your foot, can become inflamed resulting in pain and discomfort.

Patients often describe the pain of plantar fasciitis as a burning or stabbing pain in the heel of the foot. It's often worse when you take your first steps in the morning but can recur throughout the day. Walking may be painful with this condition, and plantar fasciitis can make it difficult to bend your foot without pain. It's important to seek [plantar fasciitis treatment](#) as soon as possible.



Treatment for Plantar Fasciitis

The heel of the foot undergoes a great deal of stress every day. Whether you have a sedentary lifestyle or you are a runner, you can experience the pain of plantar fasciitis. This ailment may be caused by too much physical activity including running or jumping or from merely wearing improper shoes which can redistribute your weight to add stress to the ligament.

There are other causes as well. Structural issues such as flat feet, high arches, or even the way you walk (overpronation) can be underlying problems. Sometimes, other medical conditions such as arthritis will lead to the condition, but [treatment for plantar fasciitis](#) is still possible.

Athletes are particularly susceptible. Repetitive stress can cause small tears in the tissue or create inflammation. And athletes who change their workout routines or over-exercise often get this condition. Sometimes age or extra body weight play a role in causing it as well.

Treatment for plantar fasciitis may include a variety of non-surgical remedies. Dr. Glubo may recommend stretching exercises, anti-inflammatory drug therapy, wearing a special splint at night, orthotics or arch supports, physical therapy, a cortisone injection or other solutions. Sometimes icing the foot can help with short-term pain relief. In persistent cases, Extracorporeal Shock Wave Treatment (ESWT) or Platelet Rich Plasma (PRP) may be used to treat the heel pain. Dr. Glubo provides expert diagnosis and care for [plantar fasciitis in New York City](#) and has many years of experience treating the condition.

While plantar fasciitis can last for many months, early plantar fasciitis treatment puts you on the road to recovery. Since other problems such as injuries to the Achilles tendon can cause pain in the heel, proper diagnosis will ensure the correct remedy.

To receive treatment for plantar fasciitis in Manhattan, contact our office and schedule an appointment with Dr. Glubo. You will receive compassionate and expert care from the entire staff. Dr. Glubo has been providing relief for plantar fasciitis in New York for over 25 years.



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