

PROLO REVIEW

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CINDERELLA'S SLIPPER REGAINED, OR PLANTAR FASCITIS

Mrs. Wood appeared with her oldest child Michael, engrossed in a stroller toy. She had put on a few pounds but still appeared to be in pretty good shape. "My second child Tina came 14 months after Michael. It seems like after this pregnancy my feet just couldn't fit into any of my older shoes— they were a half to a whole size bigger. When I get up in the morning or the middle of the night my feet hurt for about five minutes until I walk around. Now, it seems like if I walk for more than $\frac{1}{2}$ hour the soles of my feet start to hurt. I had a cortisone shot that gave me some relief for a few weeks, but I am concerned about more steroid injections, and the foot doctor said she was reluctant to give me another shot so soon. She says I could try wearing a boot at night and try to stay off my feet during the day, but that's not really an option. Any other ideas?"

It sounds like you have some laxity in the ligaments of your foot. If you think of the bottom of the foot as an arch, the Spring ligament is like the keystone. When it loosens up it puts more stress on the plantar fascia below. For a variety of reasons, the ligaments in the foot can loosen up during or after a pregnancy. Your physical exam is consistent with this, so I think Prolotherapy can help. It will probably take three or four visits. We also need to talk about what you are doing nutritionally to help reverse this degenerative process.

The most common use of vitamin C is connective tissue repair.

Mrs. Wood seemed pleased with the discussion. She agreed to start taking the vitamin C/Bioflavonoid product and to read over the Prolotherapy pamphlet and consent form. There was steady improvement over a six week period Mrs. Wood was able to return to all her formal activity.

- **Plantar fascitis affects approximately 10% of runners, sedentary people, the overweight, the flat footed and pregnant women.**
- **It is usually caused by ligament laxity and joint malalignment.**
Repeated steroid injections can weaken tendons.
- **Osteopathic manipulation, physical therapy and exercise are useful adjuncts used in this office.**

To make an appointment for a consultation with Dr Juhl or Dr. Gleyzer please call 212-838-8265