

## Can Chiropractic help with foot pain?

One of the most common and frustrating pains in plantar fasciitis (foot pain, heel pain). Ice baths, epsom salt bath, foot rolling, calf stretching/massage, orthotics and adjusting the lumbar segments 4+5, knee and foot is the direction a chiropractor would take. The condition can last up to a year and is activity driven. The inclusion of the adjustment is what promotes biomechanics and nerve flow for a speedier recovery.