

***SYMPTOMS:***

- ◆ **Stiffness and pain in the morning or after resting that lessens after a few steps but gets worse as the day progresses.**
- ◆ **Pain that gets worse when you climb stairs or stand on your toes.**
- ◆ **Pain after you stand for long periods of time.**
- ◆ **Pain at the beginning of exercise that goes away or lessens as exercise continues, but returns when exercise is complete.**

**Grimm Chiropractic**

6408 King Hill Ave.  
St. Joseph, MO 64504  
(816) 238-1200

**PLANTAR FASCIITIS  
& HEEL SPURS**



It Feels Good to Feel Good!




## Definition

Plantar fasciitis is an inflammation caused by excessive stretching of the plantar fascia.

The plantar fascia is a broad band of fibrous tissue that runs along the bottom of the foot, attaching at the bottom of the heel bone and extending to the forefoot.


When the plantar fascia is excessively stretched, this can cause inflammation of the fascia, which can then lead to heel pain, arch pain, and heel spurs.



## Treatment

Chiropractic care works on correcting misalignments in the foot which may cause excessive stretching of the plantar fascia. To see if chiropractic may be able to help you call (660) 736-5559 today for a complimentary consultation.

Other conditions that may be helped by chiropractic:

- Sciatica
  - Carpal Tunnel
  - Headache
  - Bursitis
  - Knee Pain
  - Shoulder Pain and more....
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## GRIMM CHIROPRACTIC

(816) 238-1200

Dr. Rob Grimm

Mon-Fri  
9:00 – 6:00

Saturday  
9:00 – 12:00

