

## Acupuncture for Plantar Fasciitis

Occurring in more than two million Americans a year, plantar fasciitis is a painful inflammatory process of the connective tissue on the bottom surface of the foot. As a person walks, the plantar fascia stretches as your foot strikes the ground. Plantar fasciitis develops as a result of repeated small tears in the plantar fascia from daily activity. If the plantar fascia is strained by the way you walk or by repeated stress, it becomes weak, inflamed or irritated causing chronic pain.

Causes of Plantar Fasciitis:

- Excessive pronation
- High arches
- Flat feet
- Overweight
- Strained Achilles tendon or calf muscles

Symptoms of Plantar Fasciitis:

- Pain with first steps in morning or after long periods of sitting
- Pain with wear shoes that are too tight or well worn
- Foot soreness
- Pain when climbing stairs or after standing long periods of time

Acupuncture treatments provide a safe, natural way to alleviate plantar fasciitis. The Traditional Chinese Medicine (TCM) sees the human body as an integrated being. It works with vital energies inherent within all living things to promote the body's ability to heal itself. Qi (pronounced "chee") is a vital energy that flows through meridians, pathways that run throughout the entire body.

Qi protects the body from illness and provides nourishment to cells, tissues, muscles and organs. During acupuncture treatments, fine, sterile needles are inserted at specific acupoints along these meridians to release Qi, reduce inflammation, promote blood circulation, eliminate pain, unblock obstructions and correct imbalance.

### Acupuncture Help Plantar Fasciitis:

- Reduce fascia inflammation
- Relax the stiffened muscles/tendons
- Promote tissues healing
- Provide natural pain relief
- Improve range of movement

Acupuncture practitioners recommend a holistic health approach inclusive of herbal remedies, massage and stretching. According to Eastern holistic medicine, treatment of autism requires lifestyle changes with overall health as its goal.

- Exercise increases flexibility, maintains weight and strengthens muscles
- Diets low in caffeine and nicotine
- Stress reduction through breath, meditation and yoga
- Achieving a balance of relaxation and daily activities

## Procedures of Acupuncture

During a treatment, specific acupuncture points are stimulated to balance bioelectric energy circulation and promote the body's own natural healing abilities. A balance of energy in the body yields mind-body relaxation and optimized physiological functions of the body. The whole procedures last about 20 minutes, during which time patients are very relaxed and comfortable.

## What to expect after acupuncture treatment?

True healing takes time and dedication. Acupuncture is not an instant fix. Depending on your current health and symptoms, you could feel better right away or you may need treatments for weeks, months or years to achieve the results you want. With a little patience and an open mind, you'll be on your way to health and vitality.

Dr. Bruce Pomeranz,

Neurosurgeon, University of Toronto

*"I can't see a better solution to long-term chronic pain. There is no question in my mind that acupuncture is safer than surgery"*

## Acupuncture goes Mainstream

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions.

- Addiction-alcohol, drug, smoking
- Anxiety/ADD
- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Bursitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold & Flu
- Constipation
- Depression
- Digestive Disorders
- Dizziness
- Facial Palsy/Tics
- Fertility/Habitual Miscarriages
- Fibromyalgia
- Frozen Shoulder/Pain
- Gastrointestinal Disorders
- Headache/Migraines
- Hepatitis B/C
- Immune system deficiency
- Incontinence
- Insomnia
- Knee pain
- Myofascial Pain Syndrome
- Neck Pain/Stiff Neck/Whiplash
- Osteoarthritis
- PMS
- Rhinitis/Sinusitis
- Sciatica

- Sports Injured
- Stress/Emotional Problems
- Stroke Paralysis/Numbness
- Tendonitis/Tennis Elbow
- TMJ
- Trigeminal Neuralgia
- Wrist Pain



L. Phan, D.O.M., A.P.  
*“Experience is priceless...”*

- Graduate from the University of Hawaii with a B.S. in Bio-Chemistry
- Completed 4 years post-graduate training in Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine, Houston, Texas
- Certified Neuromuscular Therapist
- Certified Craniosacral Therapist
- NAET (allergy) Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)

# ACUPUNCTURE FOR PLANTAR FASCITIS

**We Specialize Treating the Following  
Conditions, But Not Limited to:**

**Healing, so you can get back to life.**

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