

HEEL PAIN

**EFFECTIVE TREATMENT
FOR
PLANTAR FASCIITIS**



A proven effective range of treatments and solutions utilising the latest technologies and equipment

Credit/Debit Cards Accepted



***Accepted by HSA
and other leading Insurers***

Our Specialist Heel Pain Clinic provides both long term and immediate relief for the pain and discomfort of this common complaint.

WHAT IS PLANTAR FASCIITIS AND ITS CAUSES

Plantar Fasciitis is an inflammatory problem of the Plantar Fascia, manifesting itself in acute pain in the heel area. This pain can arise during the day whilst standing and walking. It can also be extremely painful at night time and when first standing in the morning. In extreme cases the pain can be debilitating to the point of stopping any load bearing activity such as walking or running.

It is caused by many factors and can arise from walking on hard surfaces without proper supportive shoes, or as a result of other minor biomechanical problems which causes the foot to stand or move incorrectly. Typically the problem arises as we get older, or on taking up greater physical activity.

WHAT ARE THE SOLUTIONS

Although an inflammatory problem it is often not helped by anti inflammatory medication and injections similarly often have little benefit and can themselves be very painful. At the MK Clinic we provide solutions in two parts.

LASER PAIN RELIEF TREATMENT

Our medical grade Low Level Laser technology is recognised as an effective and simply applied method of pain relief. The treatment rapidly reduces the inflammation and provides also a degree of anaesthetic effect to speed recovery.

The treatment effectiveness varies with Patients and often requires a series of 3 - 5 sessions to provide any longer term benefit. The treatment is completely pain free and can be administered in a normal Chiropody session. In treating the pain we are treating the effect not the cause and the problem will likely reoccur.

QUALITY BESPOKE ORTHOTICS

To treat the problem long term, Orthotics are recognised as the simplest and most effective remedy. These custom items work in two ways to relieve the problem. Firstly they can be designed to correct any biomechanical dysfunctions which may be contributing to the problem. These may include low or weak arches of the foot, incorrect alignment of the foot, and differing leg lengths which can cause uneven loading when standing walking or running. By designing the Orthotics with the appropriate prescription these problems can be corrected. Secondly we make our Orthotics very accurately to the individual shape of your feet. This is achieved by a different surface scan Laser which produces a very accurate 3D image from which the Orthotics can be made. Unlike plaster casting the scan takes only moments and is completely mess free. By smoothing the load across a wider area of the foot and taking the load pressure away from the problem area, the aggravation can be resolved, resulting in the Plantar Fascia returning to its normal condition.

Our Orthotics are both durable and compatible with a range of shoes, providing a solution which will last for many years without losing their prescriptive properties. In addition they are designed to be interchangeable in a range of shoes so for most Patients one pair is sufficient.

CHARGES AND COSTS:

Full biomechanical assessment From	£35:00
Carbon Bespoke Orthotics	£240:00
Laser Pain Relief from	£25.00

MK CLINIC

HPC Registered

Chiropody/Podiatry Practice

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