

PATIENT EDUCATION HANDOUT

Plantar Fasciitis: How OMT Can Help

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Plantar fasciitis is inflammation of the plantar fascia. Plantar Fascia is a tissue that extends from the heel of your foot to the ball of your foot. The fascia's purpose is to absorb and distribute the various stresses placed on the foot from walking, running and jumping. If the fascia becomes irritated or inflamed, it can cause a stabbing pain near your heel that typically worsens throughout the day.

HOW CAN OMT HELP WITH PLANTAR FASCIITIS?

Osteopathic manipulative treatment (OMT) are hands-on techniques performed by osteopathic physicians to help alleviate pain and treat multiple disease processes by increasing mobility and encouraging your body's natural tendency toward self-healing. Overall, OMT is a gentle, non-invasive and painless treatment option.

To treat plantar fasciitis, OMT is used to manipulate the bones and connective tissues in the foot to help improve alignment, generate effective weight-bearing and stretch the fascia. The following are examples of OMT techniques used:

Counterstrain OMT Technique: The osteopathic physician will point your toes downward until the pain in your heel is significantly reduced, then they will hold this position for 90 seconds.

Muscle Energy OMT Technique: The osteopathic physician will place your foot in a certain position and have you exert a brief flexion of the foot that helps target specific muscle groups in the foot that need to be stretched and relaxed.

Myofascial Release OMT Technique: The osteopathic physician will engage and hold tissues in a specific position that will either generate or alleviate tension in the tissues.

WHERE CAN YOU GET OMT?

You will need to locate a Doctor of Osteopathic Medicine (DO) to obtain OMT. These are physicians who attended four years of medical school and have additional medical training to perform OMT. Use osteopathic.org to locate an osteopathic physician in your area.

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