

Foot Facts

Stepping Out Against Foot Pain

(NAPSA)—If you suffer foot or heel pain, you may have plantar fasciitis, a condition that affects more than 40 million people every year.

It's the result of the tearing or inflammation of the plantar fascia, a ligament that runs from the heel to the ball of the foot. The ligament is essential to foot movement and creates tension to maintain the arch of the foot.

Causes And Symptoms

"Plantar fasciitis is caused by a degenerative tear of the fascia, which is a tough ligament-like tissue on the sole of the foot. It is more likely to occur in women and in overweight people. Overuse, such as repetitive exercise can cause symptoms. People with poor flexibility in the calf and hamstrings are predisposed to the problem," said Dr. Ralph Buschbacher.

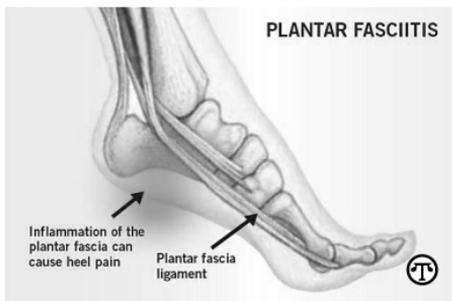
Symptoms include a burning, stabbing or aching pain in the heel. Patients often feel intense heel pain when getting out of bed and with the first steps in the morning.

Treatment

Patients with plantar fasciitis are often asked to wear a brace to maintain the foot in a therapeutic position and help prevent injury. There are several types of therapeutic braces. One such brace has been developed by Futuro in collaboration with a panel of physicians, surgeons and medical specialists.

Sleep Benefits

The Futuro Night Foot sup-



Plantar fasciitis is seen most commonly in middle-aged women and younger, predominantly male runners.

port helps to maintain the foot in a 90-degree therapeutic posture during the night. This helps to relieve the symptoms of plantar fasciitis and speed recovery time. The brace is light enough to wear comfortably while sleeping. "When a brace is comfortable, patients are more likely to wear it, and this can speed recovery time. This type of brace is well tolerated and holds the foot in a good position. It is less likely to shift or loosen than some other types of braces. It also isn't as bulky," said Dr. Buschbacher.

Breathable, soft foam provides comfortable support during the night. A patented soft edge and flexible hinge allow for a more comfortable, contoured and customized fit. The brace has adjustable straps that allow a "one size fits most" design.

It is available at select retail pharmacies across the U.S.