

Heel pain that is sharpest with the first steps out of bed is a classic sign that many people associate with plantar fasciitis. In a beach community where flip-flops and bare feet are the norm, foot pain is a common complaint. McNamara Chiropractic Center in Lighthouse Point treats plantar fasciitis and offers Foot Levelers custom orthotics fitted from an in-office 3D foot scan.

This article provides general information about heel pain, how the practice evaluates it, and how orthotics may fit into a plan.

What plantar fasciitis is

The plantar fascia is chiropractor Lighthouse Point mcnamarachirocenter.com a thick band of tissue that runs along the bottom of the foot, from the heel toward the toes. When it becomes irritated, people often feel pain at the bottom of the heel, especially after rest. Contributing factors may include sudden increases in walking or running, long periods of standing, unsupportive footwear, tight calves and the shape and mechanics of the foot.

Evaluation first

Not all heel pain is plantar fasciitis. Dr. Carol McNamara-Krauss, DC begins with a history and examination of the foot, ankle, knee and hip. She considers how you walk, what you do for work and exercise, and what footwear you wear most often. She then explains her findings and whether she believes care at the office is appropriate.

Plantar fasciitis care at the practice

Depending on the exam, a plan at [McNamara Chiropractic Center plantar fasciitis treatment](#) may include:

- Shockwave therapy, which is often used for stubborn heel pain
- Class IV laser therapy or therapeutic ultrasound as supportive therapies (laser and shockwave are not applied to the same area)
- Adjustments to the foot, ankle and related joints
- Massage therapy for tight calf muscles
- Foot Levelers custom orthotics

Plans are personalized, and progress is reviewed along the way. Results vary from person to person.

Custom orthotics and the 3D foot scan

McNamara Chiropractic Center is a Foot Levelers custom orthotics dealer. Orthotics are fitted using an in-office 3D foot scan that captures the shape of your feet. The scan helps guide the selection of custom inserts designed to support your feet in your everyday shoes.

Orthotics are not only discussed for heel pain. Because the feet are the foundation of the body, foot mechanics may also be considered for some patients with knee, hip or back complaints. Dr. McNamara will explain whether she thinks orthotics are worth considering in your case.

Everyday foot care tips

- **Limit long stretches in flat flip-flops.** Save them for the beach and pool deck when possible.

- **Wear supportive shoes for walking and errands.** Replace worn-out athletic shoes.
- **Ease into activity.** Increase walking or running distance gradually.
- **Stretch your calves gently** if that is comfortable for you.
- **Avoid walking barefoot on hard floors** first thing in the morning if heel pain is present.

Stop by for a scan

If you are curious about custom orthotics, you can ask about a foot scan at your visit. McNamara Chiropractic Center is located at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 between Sample Road and Copans Road. The office is in the same building as State Farm, directly across from Publix, with free on-site parking in front and the entrance on the side. Patients visit from Pompano Beach, Deerfield Beach, Hillsboro Beach and Boca Raton.

Call (954) 902-6371 or visit <https://mcnamarachirocenter.com/> to learn more.

General information only; not medical advice. Please see a qualified provider for persistent or severe foot pain.

McNamara Chiropractic Center

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