



Marino TherapyCenters

Since 1977 and Still Your First Choice

Physical Rehabilitation "Centered on You"

Division of The TherapyCenter, Inc.

PLANTAR FASCIITIS

People often complain of extreme foot pain when taking the first step in the morning or after prolonged walking or after prolonged sitting. Because it is difficult to rest the foot, this condition gradually becomes worse with each step especially since we normally take about 10,000 steps daily.

Contributing Factors:

- Flat feet
- High arched, rigid foot
- Poor shoe support
- Toe running, hill running
- Sudden weight increase
- Sudden increase in activity level



Physical therapy can help decrease the inflammation and alleviate the pain.

- Video Gait Analysis of running gait/walk
- Education on appropriate shoe wear for specific sport activities
- Therapeutic exercise focusing on Lower quarter flexibility and strengthening exercise
- Custom orthotics
- Soft tissue mobilization
- Physical agents to decrease the pain and inflammation

We focus on hands-on treatment and patient education; encouraging patients to self manage their health. We have helped multiple individuals that have had foot complaints for months or years. People are usually thrilled to learn self help techniques that resolve their symptoms.

Please contact us if you have any questions and/or would like to schedule an appointment for an evaluation.

Cedar Bluff Office

8904 Cross Park Drive
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Farragut Office

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North Knoxville Office

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**Six great locations
to serve you:**

South Knoxville Office

7220 Chapman Highway
Knoxville, TN 37920
Phone: 579-4895
Fax: 579-3846

Oak Ridge Office

490 S. Illinois Avenue
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Maryville Office

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