

# Shoe Selection Tips

## Heel Counter:

The heel counter is the firm shell at the back of the shoe that supports the rear foot. A stiff heel counter helps control excessive pronation. To test it, squeeze and bend the back of the shoe, it should feel firm and resist movement.

## Torsional Stability:

This helps limit twisting of the foot during movement. Hold the shoe at the toe and heel and try twisting it. A stable shoe should be difficult to twist.



## Bend Test:

A good shoe should bend mainly at the ball of the foot, not through the middle. Shoes that bend too easily provide less support.

## Removable Insoles:

Shoes with removable insoles make it easier to add custom orthotics if needed.

## Further treatment options include:

- Custom orthotics with heel/arch support
- Orthopaedic footwear
- Compression sleeves
- Night splinting
- Rest, Ice, Compression, Elevation
- Physiotherapy and stretching exercises
- Ultrasound & Laser Therapy
- Shockwave Therapy
- Anti-inflammatory (Oral or Topical)
- Injections (Corticosteroids, PRP, STABHA)
- Immobilization (Walking boot or Casting)
- Rarely Surgery

# DENova HEALTH

## Conditions We Treat:

- ✓ Arthritis, Fasciitis & Bursitis
- ✓ Bunions & Hammer Toes
- ✓ Toenail Fungus & Warts
- ✓ Calluses & Corns
- ✓ Myositis / Muscle Tears
- ✓ Neuritis / Nerve Compression
- ✓ Tendonitis / Tendon Tears
- ✓ Ligament Tears / Sprains
- ✓ Meniscal / Labral Tears
- ✓ Avascular Necrosis
- ✓ Joint Inflammation
- ✓ Osteochondritis
- ✓ Neck & Back Pain
- ✓ All Peripheral Joints
- ✓ And More!



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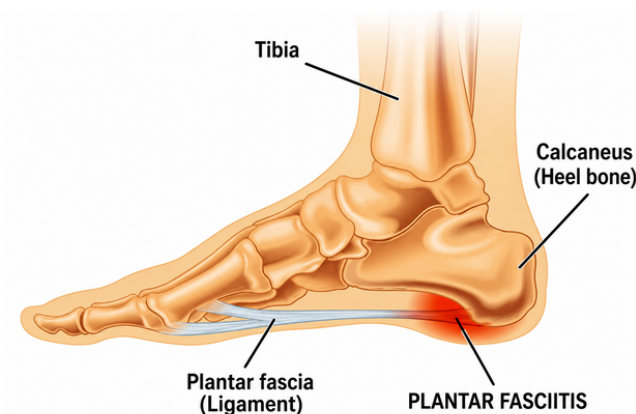
# Plantar Fasciitis

## Pain in the heel of your foot

Plantar fasciitis is the most common form of heel pain. It is caused by inflammation of the plantar fascia that supports the arch.

The inflammation occurs due to repetitive strain (walking, running, standing), weight gain, poor foot mechanics, tight calf muscles, improper footwear, advanced age and sometimes trauma.

The most common symptoms are pain at the bottom of the heel, “start-up pain” in the morning or from getting up from rest, and often pain that is worse after activity.



Treatment focuses on stretching the fascia and reducing inflammation by offloading the plantar fascia.

This is achieved with a custom orthotic that includes a deep soft heel cup and arch support.

[www.DeNovaHealth.ca](http://www.DeNovaHealth.ca)