

Help with Heel Pain Now Offered at Heelpainreatment.net

This month sees the release of a new website aimed at increasing awareness of heel pain treatment options, and providing advice to prevent common heel problems from striking

August 1, 2011 (FPRC) -- Heel pain is one of the most common reasons for a visit to a podiatrist, and yet it is a problem which in the vast majority of cases can be easily prevented. Plantar fasciitis and Achilles Tendonitis are two of the most common causes of heel pain, affecting the bottom of the heel and the back respectively.

Both conditions have different treatment options, and selecting the most appropriate heel pain treatment is important to rapidly cure the condition and not cause longer term problems. "I have heard from people who have used heel seats to try to cure Achilles tendonitis, and whilst they are excellent for plantar fasciitis, they can cause problems if used to treat the wrong condition" says website developer Jennifer Lee. Whilst the devices are sometimes prescribed to treat Achilles tendonitis, it is not for long term use.

"There is much confusion about when to use heat and when to use cold treatment" explains Jennifer. She goes on to say that "getting things muddled up can make problems far worse. Cold reduces inflammation, whilst heat can increase it and make the pain far worse".

It is her experiences with heel pain which led her to put together a website to offer practical advice on heel pain treatments, to increase awareness of what to do when heel pain strikes. Many people turn to the internet as a first point of reference, rather than seeking the advice of a doctor or podiatrist due to practical reasons, lack of access to health care, or as a cost saving option. This can lead to a misdiagnosis, and deterioration of a foot problem.

Jennifer is a firm believer in getting conditions checked out professionally. "I want to increase awareness of preventative measures to avoid a potentially costly visit to a podiatrist. I also want to encourage people suffering from heel pain to get the condition properly checked out by a podiatrist or doctor. I hope to be able to provide some knowledge on foot conditions to increase awareness and to hasten a visit to a medical professional" she says.

The website offers practical advice on the common causes of heel pain, injury specific heel pain treatment options, and advice on low cost ways to treat problems as well as avoid them. Treatments such as plantar fasciitis stretches detailed on the site gently stretch the muscles and ligaments in the feet to speed up healing, and are an excellent preventative measure as well as good treatment option. The website also deals with specific orthotics for plantar fasciitis, heel seats, splints and insoles at the time of the launch.

Jennifer plans to develop the website further to offer advice on the full range of problems which can affect the heel, and detail the increasing range of products which can be used to treat conditions affecting the heel. Having previously suffered from plantar fasciitis Jennifer knows all too well how frustrating and painful it can be. "[plantar fasciitis] can be easily prevented. I wish I had known as I could have avoided developing it myself. It is part of the reason why I set up the website. I wanted to make it easier for other people to find out about the condition and to put the research I completed to

good use” she says.

Further information on the full range of heel pain treatment options is now available at www.heelpaintreatment.net

Contact Information

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Keywords

[heel pain treatment](#)

[Heel pain stretches](#)

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