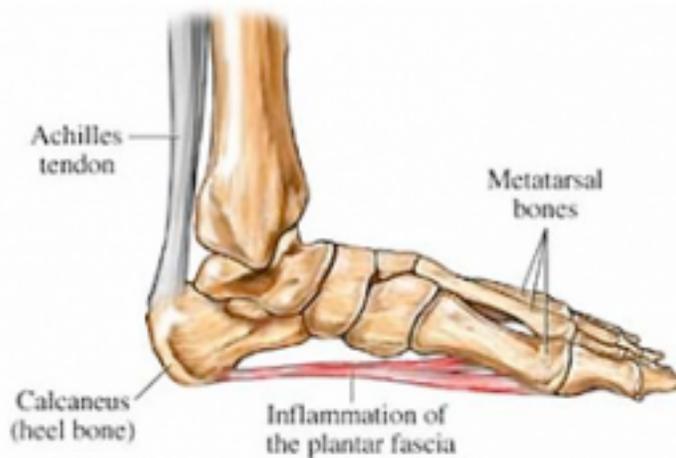


Whole Body Vibration and Plantar Fasciitis

There have been many questions about foot pain and Plantar Fasciitis when using Whole Body Vibration. In general, Vibration Therapy will help stretch, massage and strengthen the muscles in the foot. The following is an explanation of Plantar Fasciitis, a common foot problem that is often helped with WBV.

Under normal circumstances, your plantar fasciia acts like a shock-absorbing bowstring, supporting the arch in your foot. But, if tension on that bowstring becomes too great, it can create small tears in the fasciia. Repetitive stretching and tearing can cause the fasciia to become irritated or inflamed. Some causes of plantar fasciitis can be:

1. Physical Activity Overload



2. Arthritis

3. Diabetes

4. Faulty foot mechanics

5. Improper shoes

6. Poor diet

Plantar “acidic” fasciitis is one of the most frequently seen conditions by foot and ankle orthopedic surgeons. It is an overuse injury affecting a band of tissue (fasciia), which supports the arch and extends from the heel to the toes. Simply, it is an inflammatory, stage 4 acidic “wear and tear” of a tissue within the foot.

Doctors may hesitate prescribing medication or surgically ‘going in’ to bring the fasciia ‘back to life’ because the problem is often not with the tissues directly but with the acidic lifestyle, diet and metabolism that is affecting the tissues.

Whole Body Vibration using Oscillating/Pivotal Technology approximately ten minutes a day will increase lymphatic circulation to remove acids from the plantar fasciia. The Vibration Therapy also helps to vibrate acids out of the tissues causing the pain or inflammation. Involuntary muscle contractions will also help tone and build weak

muscles in the legs and feet helping to improve balance, coordination, and other possible lower extremity issues.

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