

# Q: What is Plantar Fasciitis?

**A:** Plantar fasciitis is the most common cause of heel pain, resulting from inflammation and damage to the tough fibrous tissue which forms the arch of the foot.

Improper footwear, strenuous activity, and obesity can bring on plantar fasciitis. Flat feet, high arches, and poor shock absorption in shoes can also put excessive stress on the foot's soft tissues.

Shock wave therapy (SWT) has emerged as a possible treatment option for patients with chronic plantar fasciitis. SWT delivers focused shock waves to the body, inducing microtrauma to the tissue that is affected by plantar fasciitis. This microtrauma initiates a healing response by the body causing blood vessel formation and increased delivery of nutrients to the affected area. SWT has a clinical success rate of 90% improvement, Journal of Orthopedics Research 2005.

To learn more: <http://www.abbotsfordchiropractic.com/chiropracticservices/#shock-wave-therapy>



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