



## TREATING PLANTAR FASCIITIS WITH INTERX

Plantar fasciitis is inflammation of the plantar fascia, the bow-string-like tissue that stretches from the heel bone to the base of the toes.

A common symptom is a stabbing pain that usually occurs with your first steps in the morning, or tenderness on the bottom of the foot during the day. This tenderness is usually toward the heel but may be felt in the entire sole. InterX can help reduce the inflammation in the foot from Plantar Fasciitis.

### Scan and target



Scan the top and bottom of the foot and calf searching for sharp or sticky areas.

Target those areas that are sticky and/or sharper by vigorously rubbing the device until the area becomes less sticky and/or sharp.

You should find 3-4 active areas which will take up to 10 minutes to treat.

As inflammation reduces and the affected area is less tender, dynamic treatment over the point of pain or tightness is very important.



## Plantar Surface of the foot

For **acute** pain that has been present for less than 2 weeks, strap the dome onto the area of pain on setting 4 or 5 for up to 10 minutes.

Follow up with a dynamic treatment; stretching the calf with the pad on or walking with the pad on the bottom of the foot.



Sometimes this will eliminate the pain in 1-2 treatments.

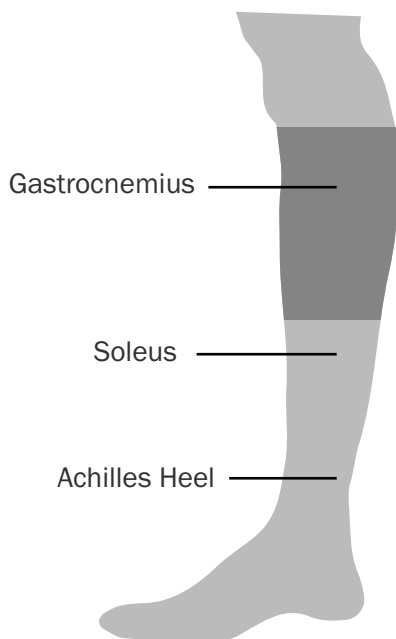
Once relief returns, stop treatment. You can restart treatment if your pain comes back.

If this aggravates the pain, stay off the painful heel, treat the opposite heel, diagonal hand, face, scalp, and calf on both legs for 1-2 weeks.

Start with setting number 1 or 2 for the first treatment and increase the settings with successive treatments, but only if this doesn't worsen the pain. Once the heel pain reduces, try treating it directly while stretching the calf.



## Calf muscle: Gastrocnemius and Soleus



Treat over sticky and/or sharp areas per the above instructions.

After the inflammation reduces and pain is less tender, treat it dynamically, strapping the dome or flexible array pads over the tight areas and gently stretching the area.

If you are flat-footed, use a wedge under the forefoot while stretching to prevent overstretch injury.

Tight calf muscles will cause tension on the bottom of the foot which increases pain.

Stretching the calf for 1-2 minutes daily will help reduce tension in the foot.

# 1.

Treat with the soft tissue electrode first to find tender areas, then finish treatment using the dome.

# 2.

Treat the 6 points on the face for 12 minutes and treat the forehead for an additional 5 minutes.

# 3.

Wear shoes with improved support.

# 4.

Take a break. Running is a high impact sport and maybe taking its toll on your feet. Put the running shoes aside and allow for inflammation to subside and the foot or feet to heal.

INTERX

## Achilles area

Scan the area with the dome or built-in electrode and then go through stretching when less tender with the dome strapped to the sensitive area.

Sometimes the posterior tibialis is inflamed and is diagnosed as plantar fasciitis.

This tendon attaches to the bottom of the big toe, goes along the arch of the foot, under the medial ankle bone, up the inside part of the calf to just below the knee.

It will be tender to touch anywhere along that path. Treat the posterior tibialis from the big toe to the knee focusing on sharp or sticky areas. If this is the actual problem, get orthotics to prevent the navicular bone from dropping and causing pressure on the tendon. Very often this is the case with flat feet.

The soft tissue electrode works well on treating the calf, Achilles, plantar fascia, and the posterior tibialis.



## Back of the knee

Scan the back of the knee of the affected side with the dome or built-in electrode looking for sticky and/or sharp areas.

Target the sticky, active area by vigorously rubbing until the area becomes less sticky and/or less sharp.

## Lumbar-sacral spine

Scan the low back area that is the spinal relationship to the foot/plantar fascia area, L5 to S2, looking for sticky and/or sharp areas.

Target those areas by rubbing the device over the skin until it becomes less sticky and/or sharp.

Pad the area with a flexible array for additional treatment for an added 10 minutes.

