

# How To Cure Plantar Fasciitis – FAST!



Jeremy Roberts

Fast Plantar Fasciitis Cure™

All Rights Reserved

---

## ***What Is Plantar Fasciitis?***

---

Plantar Fasciitis is an injury sustained as the result of repetitive stress placed on the bottom of the foot. More specifically, its damage sustained on the fascia—a thin layer of fibrous tissue that protects other tissues within your feet. Many people develop Plantar Fasciitis from long periods of standing, running, or performing various load-bearing activities.



---

## ***Plantar Fasciitis Symptoms***

---

The most common symptom of Plantar Fasciitis is pain. This can be burning, stinging, stabbing or throbbing pain. Many people experience a dramatic amount of pain when they first get up in the morning, with the sensation lessening throughout the day. For others, the pain is consistent.

The pain can be isolated to an area in the middle of foot, or it can radiate outward towards the toes. The heel is another common area for Plantar Fasciitis pain to show up.

Plantar Fasciitis pain can be very stubborn and last for months or even years. Since walking and standing cannot be completely avoided in our lives, the injury can cause serious disturbances in professional and private life.

---

## ***Causes of Plantar Fasciitis***

---

Several different things can cause Plantar Fasciitis, which makes classifying the condition somewhat difficult. For example, bone spurs, flat feet, high-arched feet, and hard running surfaces are all very different—but each one can be a cause of the condition. Individuals in professions that require you to stand for long periods of time—nursing, for example—are at a higher risk for developing cause Plantar Fasciitis.



Another very common cause of Plantar Fasciitis is the type of shoe you choose to wear. Older or poorly constructed shoes can place your feet at a higher risk for stress. Shoes that don't have adequate padding for the heel and arch can be a problem as well.

Finally, overweight individuals are at a higher risk for developing Plantar Fasciitis. As you gain weight, this naturally places more stress on the tissues of your feet, and the fascia tends to bear the brunt of this.

---

## ***Plantar Fasciitis Treatments***

---

Traditionally, Plantar Fasciitis has been treated with orthotic devices, medication, and even surgery. However, it's important to note that there are a number of [all-natural treatment options](#) that you can do at home that can stop the pain and cure Plantar Fasciitis.



Most doctors will suggest using non-steroidal anti-inflammatory drugs or NSAIDs to manage the pain symptoms of Plantar Fasciitis. Common drugs of this class include aspirin, ibuprofen, and naproxen. In some severe cases, stronger painkillers such as hydrocodone may be prescribed.

The problem with anti-inflammatories and painkillers is that they only address the symptoms of the condition and not the root cause. For many people, it becomes necessary to take more and more of the drugs as their bodies become less sensitive to their effects over time.

Corticosteroids and botulinum toxin Type A are two treatments that doctors commonly use to reduce inflammation and relieve the swelling and pain. These treatments can be expensive and must be administered in a medical facility.

Orthotic devices are another conventional treatment option for Plantar Fasciitis. These include shoe inserts and splints that can relieve stress and help stretch the plantar fascia tissue. You can buy some orthotic devices online, however, many doctors will prescribe custom designed orthotic devices that are designed to fit to your foot and/or leg.



These devices can be helpful if you have abnormally shaped feet or very severe damage to your plantar fascia. However, it's important to note that these devices can be prohibitively expensive, and are not guaranteed to work.

In some cases, surgery may be a solution to Plantar Fasciitis. This involves severing a part of the plantar fascia tissue in order to relieve tension and reduce inflammation. The surgery is carried out with local anesthetic and is performed with tiny incisions in the foot. The surgeon might detach the plantar fascia from the heel bone or make additional incisions to try to relieve pressure.

The problem with surgery is that it is expensive and it can take a long time to heal. This is a difficult option for individuals with professions that require them to be on their feet throughout the day.

Conventional treatments for Plantar Fasciitis can be effective, however, you should know that there are treatment options that you can perform at home that do not require dangerous

medications or expensive visits to the doctor. A step-by-step treatment protocol designed by rehab specialist Jeremy Roberts is described in detail in [Fast Plantar Fasciitis Cure™](#)

Fast Plantar Fasciitis Cure™ is a top-selling guide to treating your Plantar Fasciitis naturally and rapidly. Improvement will be immediately noticed, and many patients find that the pain is completely ***gone in just 3 days***. What's more, Roberts is currently offering a zero-risk no-questions-asked money back guarantee to anyone who orders his system from his personal website.

So check out [Jeremy Roberts' FREE Presentation](#) and discover:

- The one mineral you **MUST** take to protect the fascia tissue within your feet...
- How to use three common household objects to help relieve and protect your foot from the symptoms of Plantar Fasciitis!
- Dietary tips and tricks to help **repair and strengthen** the damaged tissue in your feet!
- How to choose the right footwear for your feet (a SUPER important thing to consider if you want to seriously improve your condition and stop pain the recurring pain!)
- Facts about overpronation, how it can cause Plantar Fasciitis and what you can do **treat and prevent it...**
- What to do if you have flat feet or high-arched feet...
- What you should avoid when you're running if you want to keep the inflammation down and start healing **MUCH** faster!

*...And much, much more!*

You absolutely **WILL NOT** find a better resource for ending your pain and discomfort **WITHOUT** surgery, prescription pills, or expensive doctor visits!

With over **23 supporting medical studies**, this is a truly SCIENTIFIC approach to completely HEAL the tissue of your foot that has been causing the pain and discomfort.

In fact, Fast Plantar Fasciitis Cure™ is **GUARANTEED** to be the fastest and easiest way to find relief from Plantar Fasciitis naturally.

[Click HERE To Watch The  
Fast Plantar Fasciitis Cure™ Video \(FREE\)!](#)



[By Jeremy Roberts © All Rights Reserved](#)