

**As farming & other outdoor activities ramp up**, local podiatrist Dawn Chapin DPM advises to pay attention to **heel pain, stress injuries, and overuse conditions** seen with higher activity levels. These symptoms may indicate plantar fasciitis.

**Plantar fasciitis can really interfere in your day-to-day life.**

It's the most common heel & foot pain suffered. **Plantar fasciitis is an inflammatory, and potentially degenerative condition affecting the broad thick ligament on the bottom of the foot which helps to hold up the arch.** In one person it may manifest as a sharp pain centered in the heel bone, while in another a dull throbbing pain along the entire bottom of the foot. Often associated with a stabbing, or sharp shooting pain felt with the first step of the day when you get up in the morning.

If you or a loved one suspect plantar fasciitis, please consult our office to begin treatment immediately, before the acute condition turns into a chronic, degenerative ailment. We offer a variety of treatments specifically designed to alleviate your pain and return you to pain-free walking.

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***Our clinic offers many modalities which have mitigated the discomfort associated with this affliction, allowing you to walk pain-free.***



***Call our office today to book an appointment  
FOR ALL YOUR FOOT CARE NEEDS!***

**Dawn Chapin**

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