

Risk factors for developing plantar fasciitis:

- High impact sports such as basketball, tennis and volleyball
- Repetitive stress sports, such as running or step aerobics
- Sudden changes in activity level
- Wearing shoes with little or no support - especially if you have flat feet or feet with high arches
- Occupations that require a significant amount of time standing or walking
- Being overweight
- Having tight hamstring and calf muscles

Common symptoms of plantar fasciitis include:

- Mild to severe pain, usually at the front part of the heel
- Intermittent heel pain, meaning it can appear and disappear over time
- Sharp heel pain with the first steps in the morning or after standing following long periods of sitting
- Increased pain after being on your feet or after exercise



ABOUT PLANTAR FASCIITIS:

Is the most common cause of heel pain

One in ten people will suffer from heel pain at some point in his or her life

An estimated two million people per year seek treatment

Has become more prevalent with the rise in obesity

Takes longer to heal if left untreated

Can usually be eliminated using non-invasive therapies

For more information visit
www.heelingsolutions.com

OUR MISSION

We at Heeling Solutions are dedicated to helping the millions of people needlessly suffering from chronic heel pain caused by plantar fasciitis

THE HEEL PAIN R.E.S.C.U.E. PROGRAM™

Heeling Solutions R.E.S.C.U.E. Program™ Video

A Comprehensive
Guide to Eliminating
Heel Pain Caused by
Plantar Fasciitis



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The Heeling Solutions R.E.S.C.U.E. Program™



Plantar fasciitis is a debilitating condition caused by overstress of the plantar fascia.

Who can benefit from the Heeling Solutions R.E.S.C.U.E. Program™ Video?

- People who suffer or have suffered from plantar fasciitis
- Healthcare providers who see patients with plantar fasciitis
- Employers and insurance companies who bear the costs of medical care and reduced productivity as a result of plantar fasciitis
- People who exercise a great deal and those who are just beginning to exercise

The 2 DVD set provides over two hours of information including:

- Step by Step Program for Heel Pain Relief
- Demonstrations by Medical Experts
- Answers to Frequently Asked Questions
- Resource Guide with Progress Tracker
- Supplemental Strengthening & Stretching Program
- Special Section for Runners



What is the R.E.S.C.U.E. Program™?

The Heeling Solutions R.E.S.C.U.E. Program™ provides in-depth information about plantar fasciitis and easy to follow steps to eliminate heel pain. Studies show that conservative treatments such as those found in the R.E.S.C.U.E. Program™ usually relieve plantar fasciitis without a need for expensive or invasive medical interventions. Treatment can be customized based on the severity of the condition and the advice of a healthcare provider. Here are the R.E.S.C.U.E. Program™ essentials:

Recognize the signs of plantar fasciitis

Educate yourself about the condition

Solve the problem yourself, after professional diagnosis

Consistent care leads to positive results

Upkeep helps you prevent heel pain from returning

Enjoy life again without heel pain



Developed with a multi-disciplinary team of medical experts and supported by clinical studies

"I recommend the R.E.S.C.U.E. Program™ to my patients with plantar fasciitis because it works. The treatments are effective, it's easy to follow and it will help them save time and money over the course of therapy."

Jeffrey S. Peterson, M.A., M.D.
Northern California Institute of Sports Medicine

"Plantar fasciitis can be extremely disabling - affecting work and leisure activities. If left untreated, plantar fasciitis routinely worsens. The R.E.S.C.U.E. Program™ gives comprehensive, effective and clinically documented advice to stop plantar fasciitis in its tracks and assist people in returning rapidly to their desired activities."

Luke D. Cicchinelli, DPM
Eastern Carolina Foot & Ankle Specialists