

Q: “I woke up with pain in my foot 3 days ago. And it hasn’t gone away. Can Physical Therapy help me?”

A: This is a common question...

And one we hear from a lot of people.

Before I answer this for you...I want to walk you through a Simple Test...we will call it the “**Foot Pain Audit.**” And it will give us the answer if PT can help you or not...

Part 1: The” Stand and walk in the morning” Test

1. After waking, stand up and walk 3 feet.
2. When you bear weight, does it hurt on the bottom of your foot or heel?
3. Does your pain go away as the day goes on?

Is your pain worse in the morning after you wake up Or are they the same all of the time?

If you felt pain, soreness or stiffness standing up in the morning, then write it down here:

Alright, next:

Part 2: The “YES” Toe pull test

1. Sit in a chair keeping good posture.
2. Cross your painful foot over the opposite leg (like you are sitting like a man) pull your big toe back toward your ankle as far as you can
3. Repeat with the other toe.

Did you have any pain, soreness or stiffness in one toe more than the other?

If so, then write it down here...note what you felt and what movement it was with.

(For example, "My right toe was stiff and could not go back as far as my left one.")

Part 3: The "Plantar Fascia tenderness test:

1. Sit in a chair keeping good posture.
2. Cross the painful foot over the opposite leg.
3. Press your fingers into the arch of your painful foot.

Was one side more tender than the other?

Write down what you felt here:

Now that the test is done...let's take a look at this.

A really simple rule we use in PT is:

If the Pain is “Reproducible”...then it’s “Reducible”.

This means that if one of these movements made your foot pain, soreness or stiffness worse...

Then there’s a good chance we can help you in Physical Therapy.

So Here’s What to Do Next:

If you want to get rid of that foot pain...so it doesn’t bother you when you wake up...or so you can walk without it foot pain...or so you can take a walk outside without causing more damage...then email me.

In the subject line write: “Foot Pain Audit”

Then in the email, just tell me your story. Be sure to include what you wrote down in the 3 Parts above...

It will help me get a better picture of what you have going on.

And I’ll be able to help you better, get rid of your foot pain and stiffness naturally.

Talk with you soon,

Shelly Coffman

PS - Oh yeah...my email is shelly@PT-360.com

PPS - Don’t forget to write “Foot Pain Audit” in the subject line and tell me your story in the email.

PPPS - Can you do me a favor? If you have a friend or co-worker or another runner that thinks they may have plantar fasciitis...AND you want to help them...then give them this sheet. If you need more copies, pop in and grab one...