

Plantar Fasciitis, or Heel Spur

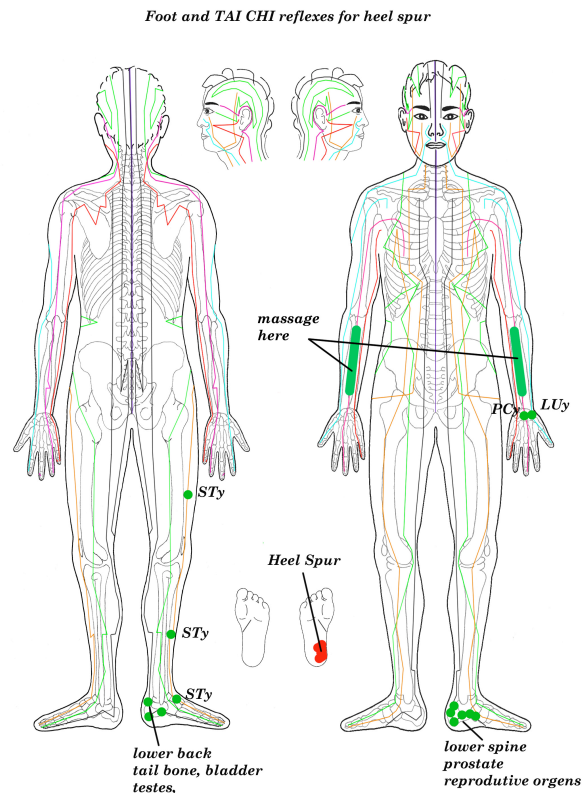
Any type of pain can be relieved through appropriate reflex points found within the body. Reflexologists specialize in alleviating pain by primarily working on the feet. As a result, many people with heel spurs turn to reflexologists as a means of treating this problem. Many practitioners often tell their clients that heel spurs are difficult to treat.

However, an experienced reflexologist can tell you that the result of the heel spur is an indication of other pain and problem areas in the body. The only way to properly treat heel spurs is to treat the problems that exist in these other areas. In my experience, I have found the following procedure to be very effective.

1. *Firstly, locate the sore, or tender areas.*

If you compare the sore, or tender, areas to the reflexes in the foot, it is clear that the following areas will also be affected:

- a. The small intestine and lower back;
 - b. The pelvic area (which includes the reproductive organs, urinary system, and colon), and;
 - c. the tail bone.
2. Secondly, treat each reflex point for 40 seconds. The following charts indicate how ear, foot, and Tai Chi reflexology may be used.



3. Lastly, energy must be balanced between PC and K; K and UB; and LU and K.

Remember, all of the appropriate reflexes will be tender, however, not all of the tender reflexes will be the correct ones to treat the heel spur. It is important that you ask your client if they notice a change in the heel. If they do not, try another reflex point until you find one that does provide a noticeable change.

Conclusion

Our clinical experience with heel spur treatments has been very positive, and it is seldom that we encounter an unhappy client. This is based largely in part because we never run out of treatment options! After the first treatment, many clients will immediately experience an improvement.