

Shockwave therapy provides noninvasive heel pain relief.



Heel pain caused by overuse is called plantar fasciitis. This injury causes inflammation of the ligament that connects your heel bone to the base of the toes. Your body reacts by forming a new bone, often called a heel spur. This painful condition commonly affects women, runners and other athletes, people who are overweight and those whose jobs require a considerable amount of walking or standing. Heel spurs and plantar fasciitis are often treated with rest, physical therapy, heel cups or cushions, medication and splints. Patients who don't improve within a couple of months may require surgery, but Dr. Neal Frankel of A Foot & Ankle Centre offers another alternative.

What is shockwave therapy?

As part of an advanced nonsurgical technique called extracorporeal shockwave therapy (ESWT), Dr. Frankel applies low-energy shockwaves to the affected tissue with a special device right here in our office. The energy triggers the body to use its own repair mechanisms.

This safe technique can relieve pain in a relatively short amount of time and help you avoid the difficulty and complications associated with surgery. Recovery time is brief and does not require you to be off your feet for a significant amount of time after the procedure.

The friendly care you trust.

Heel pain is extremely common and rarely requires surgery. The best way to be sure your heel pain doesn't become a chronic condition and lead to more problems is to visit Dr. Frankel for a thorough evaluation.

Dr. Frankel, a board-certified podiatrist, is proud of the leading-edge solutions he provides, like shockwave therapy. But it's just as important that you feel comfortable every step of the way, whatever brings you to his office. That's why he makes it a priority to deliver his state-of-the-art foot and ankle care in a friendly office where you'll always feel welcome and cared for. For full details on gentle shockwave therapy, give Dr. Frankel a call today.



Proven results to keep you active

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