

## 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](http://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



Copyright © 2004  
Heeling Solutions LLC  
All Rights Reserved

# 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



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

## 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:

**R**ecognize the signs of plantar fasciitis

**E**ducate yourself about the condition

**S**olve the problem yourself, after professional diagnosis

**C**onsistent care leads to positive results

**U**pkeep helps you prevent heel pain from returning

**E**njoy life again without heel pain

"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