

# CLEMENS PHYSICAL THERAPY, PLLC

## FOOT PAIN PLANTAR FASCIITIS

Foot pain caused by tightening of the connective tissue or plantar fascia can cause significant dysfunction. Tightness of the fascia can place a lot of pressure on sensitive nerves and stimulate bone spur formation. People with this condition often have difficulty walking, finding comfortable shoes, and may develop chronic problems

Clemens Physical Therapy can help people with symptoms of long-term, chronic foot pain from tightness in the plantar fascia. We use a lot of gentle “hands on” manual therapy and specific exercises designed to improve pain and restore your ability to return to the activities you want to do. Treatment works well along with medication or other treatments provided by your physician or podiatrist.

*\* for more information, go to **SEARCH** on our website menu and type in **FOOT PAIN** or **PLANTAR FASCIITIS***

### TREATMENTS AT CLEMENS PHYSICAL THERAPY

**Manual “hands-on” therapy:**

Very gentle treatment designed with people with chronic foot pain and tightness in mind. The goal is to stretch tight muscles and connective tissue and mobilize joints without aggravating symptoms.

**Modalities:** Moist heat, ice, ultrasound, or electrical stimulation to decrease pain and inflammation and loosen tight muscles.

**Exercise:** Very gentle strengthening and stretching programs designed with people with chronic foot pain in mind. The goal is to restore function and prevent future problems.

**Education:** Addresses work/activity modification, posture awareness, shoe considerations, and prevention measures. Self-help techniques to help you maintain your progress on your own.

**Clemens Physical Therapy PLLC**

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302 West Main St  
Bridgeport WV 26330

Doctor of Physical Therapy  
Specialist Women's Health Physical  
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Specialist in Orthopedic Physical Therapy  
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# CLEMENS PHYSICAL THERAPY, PLLC

## Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

## How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**  
**304-842-6008**

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