

Bubba's Plantar Fasciitis

How did you get rid of your heel pain a.k.a. Plantar Fasciitis ? (http://en.wikipedia.org/wiki/Plantar_fasciitis)

It feels just like a nail in your heel. It's one of the worst injuries I have ever had. After injections, high power ultra sound, and Platelet Rich Plasma, I finally found a miracle like cure in "Topaz for Plantar Fasciitis".

(<http://www.youtube.com/watch?v=Ca4lYQUR6jI>)

I had the procedure at the hospital (about 15 mins in O.R.) I was on crutches and laid around on the couch for 3 days. Then back in regular shoes 3 days later, and back on a tennis court 10 days later.... 90% pain free. (Dr. John Robinson w/ Birmingham Podiatry)

After suffering with debilitating pain for almost a year. This was a miracle cure for me. As of this writing, I'm still doing great over a year after the procedure.

I also addressed some foot issues that may have lead to part of this problem. I got shoe inserts to help correct my pronations problems (walking on inside on foot). I still use them also.