

# Heel Pain

Fast, Gentle Relief • Walk the Same Day

At a glance: Plantar fasciitis is the most common cause of heel pain, creating a sharp stabbing sensation with your first morning steps. Treatment typically begins with stretching, custom orthotics, and supportive footwear. When conservative care plateaus, focused shockwave therapy, PRP

## 1 Heel Pain Relief & Plantar Fasciitis ...

Welcome to Fallbrook Podiatry—your trusted source for Heel Pain Relief and advanced plantar fasciitis treatment in North County San Diego. If your first steps in the morning feel like stepping on a sharp

## 2 Understanding Heel Pain Relief & Plan...

Heel pain often stems from inflammation of the plantar fascia—the thick band connecting the heel bone to the toes. Our Heel Pain Relief program helps you address the source, whether due to overuse,

## 3 Effective Heel Pain Treatment Options

We tailor every Heel Pain Relief plan based on your diagnosis and lifestyle. Many patients find significant improvement through non-surgical approaches before considering advanced interventions.

## 4 Advanced Heel Pain Relief Therapies i...

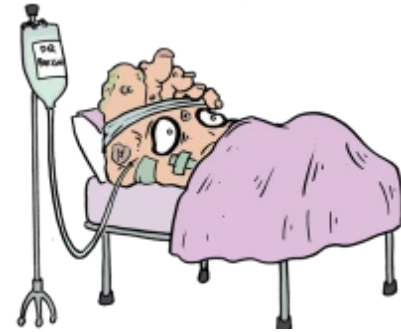
PRP is a regenerative option for Heel Pain Relief that uses your own platelets to boost tissue repair and reduce inflammation in chronic plantar fasciitis cases.

**Same or Next Day Appointments Monday–Friday**

Call or text (760) 728-4800 • [fallbrookfootdoctor.com](http://fallbrookfootdoctor.com)



**YOUR FEET IN  
KIND HANDS**



**Dr. Grigoriy Patish, DPM**

Triple Board-Certified  
20+ Years Experience

**(760) 728-4800**

Call or Text for Appointment

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