



Do you have:

- Burning pain in your heel that radiates throughout your foot?
- Difficulty standing for a long period of time?
- Severe pain in your heel upon waking?
- An inability to move around freely due to excessive foot pain?

If you answered “yes” to one or more of these questions, you may be afflicted with Plantar Fasciitis.



Trinity Rehab can help.

Come to us for quality care from head to toe (or, toe to toe in this case).



Planter Fasci...huh?. To put it simply, Plantar Fasciitis (PLAN-ter fash-ee-EYE-tus) is the most common cause of heel pain due to a strain in the ligament that supports the arch of your foot. Repeated straining leads to pain and swelling, ultimately resulting in significant discomfort and disruption to your routine and life.

Plantar Fasciitis most commonly occurs due to:

- High arches or flat feet.
- The necessity to walk, stand or run for long periods of time. The condition is common among joggers, nurses and retail workers to name a few.
- Obesity.
- Poor posture.
- Poor-fitting or worn-out shoes.

Here's the good news:

With physical therapy, Plantar Fasciitis is treatable, and in fact, most patients report at least 25% relief after their first visit to Trinity Rehab.

We don't simply treat the symptoms.

Instead, we look at the whole picture so that we can pinpoint and treat the source of your pain.

We make it personal.

Throughout your treatment, you will work one-on-one with a dedicated physical therapist whose job it is to provide you with the quality and continuity of care essential for your successful rehabilitation. Unlike many rehabilitation centers, you won't work solely with an aide after your first few visits. We guarantee you will work hands-on with your own physical therapist at every session.

Advanced care and treatment options.

With the confidence and skill to treat tough cases, we stay abreast of breakthrough techniques, information and research. After your diagnosis and referral, your therapist will carefully evaluate your case and formulate a treatment plan to restore your function so you can get on with your normal, active life.

Advanced care and treatment options may include:

- LASER THERAPY
- PHONOPHERESIS OR ULTRASOUND THERAPY
- IONTOPHERESIS
- HYDROTHERAPY AND WHIRLPOOL SESSIONS
- DRY WHIRLPOOL SESSIONS
- SPLINTING



Visit us at two convenient locations. We guarantee you an appointment within 24 hours of your call. Call today for an appointment.

Pine Crest Plaza
1016 Hwy 34, Matawan, NJ 07747
(732) 583-0085

Union Square Plaza
558 Hwy 35, Middletown, NJ 07701
(732) 219-5700

Visit us at: www.Trinity-Rehab.com