

# Treatment Approaches

## Plantar Fasciitis - Acute Heel Pain

### Approach A

**Product(s) & Dosage:** If pain is more acute, 2.2 cc Traumeel® Injection Solution mixed with 1 to 2 cc of 0.5% bupivacaine hydrochloride or 0.5% marcaine plain

**Application:** Inject into the area of tenderness on the medial plantar aspect of the origin of the plantar fascia

**Duration:** Injection may be repeated once a week for up to 3 weeks

### Approach B

**Product(s) & Dosage:** In chronic, intermittent plantar fascial pain, a combination of 2.2 cc Traumeel® and 2.0 cc Zeel® Injection Solutions mixed with 1-2 cc 0.5% marcaine plain is recommended

**Application:** The mixture is given as an injection at the trigger point area of tenderness, around the plantar medial calcaneal tuberosity area of the foot, optimally along with the following acupuncture points: KI 3, KI 4, and KI 5

**Duration:** Injections may be repeated once a week for up to 3 weeks

### See Also:

Angela L. Drury. Use of Homeopathic Injection Therapy in Treatment of Morton's Neuroma. *Alternative Therapies*, 2011, VOL. 17, NO. 2.