

“Experts in Their Field”

Special Promotional Q & A Series

Q: I have terrible heel pain when I get out of bed in the morning, what can I do for this problem?

A. You are likely suffering from plantar fasciitis. This pain can be unbearable after periods of rest. You have damaged your plantar fascia, a triad of dense ligamentous structures on the bottom of the foot. Your foot is bio-mechanically incorrect so it is imperative to return your foot to a neutral position. The best conservative option for this condition is custom arch supports. This will support the damaged fascia to speed your recovery. Your orthotic is important to your foot health and should be made by a podiatrist with the proper training to design a device for your foot.



Meet The Expert

Dr. Wittock specializes in both surgical and non-surgical treatments of conditions of the ankle and foot. He is double board certified in ankle/rear-foot reconstructive surgery as well as in foot surgery.

Do you have ankle or foot problems?



Contact Dr. Wittock
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