Common foot ailments and simple solutions

By The Foot & Ankle Center of Illinois

A dedicated stretching routine of the fascia and Achilles are the benchmark of a very successful treatment plan that can also include orthotics to support the fascia and anti-inflammatory medications to treat inflammation and pain.

Plantar fasciitis often is very well solved conservatively, although surgical options are available should the need arise.

There are many common foot and ankle problems that can treated successfully with simple and conservative measures. By taking an active role in the health of your feet, you can help manage pain or maintain your function and quality of life.

If you are seeking medical assistance, contact the Foot & Ankle Center of Illinois at 217-797-2700 to schedule a consultation.

The Foot & Ankle Center of Illinois has clinics in locations in Springfield, Decatur, and Carlinville. Visit myfootandanklecenter.com to obtain more information in the patient library.

GRANT GONZALEZ, DPM

Grant Gonzalez, DPM, recently joined The Foot & Ankle Center of Illinois as a foot and ankle surgeon.

He received his medical education at Des Moines University College of Podiatric Medicine and Surgery in Des Moines, Iowa. He completed a three-year residency program in surgical and medical podiatry at DeKalb Medical Center in Decatur, Georgia, where he served as chief resident.

He is board certified and has served as President of the American College of Foot and Ankle Orthopedics and Medicine, Student Club. He is board eligible by the American Board of Foot and Ankle Surgery in Reconstruction Foot and Ankle.

He is a faculty member of the Podiatry Institute and member of the American Podiatric Medical Association (APMA), American College of Foot and Ankle Orthopedics and Medicine (ACFAOM), and American College of Foot and Ankle Surgeons (ACFAS).

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