

53 years old, 188 lbs, very active with hiking, ski mountaineering until foot pain started.

**Symptoms as of January 2013:** Pain in arch and toward heel of left foot; lesser pain, but exact same location in right foot. I currently stay off feet for most of day. Can't do most jobs, or hike; daily activities limited. Use wheel chair or crutches for longer walks (stores). Extremely limited life.

January 2010, "Dr. A" DPM, Medford, OR prescribes [20 minutes of strap over ball of foot/calf stretch, both left and right foot, once per day](#), for "**possible plantar fasciitis.**" Comply with stretching.

June 2010, "Dr A" Get X ray showing no fractures, [prescribes orthotics, thermal contrast foot soaks, continue stretching, NSAIDs, one cortisone shot.](#) Comply, with no relief through October 2010, during my fire lookout stint.

November 2010, I decide to [rest the foot using crutches for approx. 5 weeks.](#) Not weight bearing, not casted, [continued stretching, but now 10 min per day](#), as "Dr. A" recommends, [continue thermal baths.](#) Pain reduced with lack of foot use.

January 2011, began Graston Technique with "Physical Therapist A", also Myofascial Release with "Message Therapist A". **Debilitating arch pain and minor fibrous arch tissue begins,** further limiting activity. **Gout blood test with family physician negative. From this time forward I am limiting almost all walking standing, daily living activities to bare minimum.**

March 2011, "Dr. B" DPM, Medford, OR says, the orthotics you have are not right, I can do ultrasound, but I know what you have. It's PF and I can operate to fix it." Prescribes [premade orthotics "which are soft" and topical pain patches.](#) [Continue stretching with strap.](#) No relief.

June 2011, "Dr. C" Chiropractor, Ashland, OR uses manipulation, best temporary pain relief yet, lasts 6 hours or so. Return to lookout for summer using weak [cold lazer, ice, self-Guachain \(like Graston\) rubbing, standard strap stretching, and new stretches: bent knee off step, and backward lunge.](#) **Pain begins in right arch, but much less than left. Pain in left foot is worsening over time.**

October 2011, "Dr C's" techniques continue, but with little results: [trigger point release on calf and thigh, pressure on fascia with tools and stones, magnesium, fish oil, vitamin D, Continue ice, stretching.](#)

December 2011, “Dr. B” DPM “we can fix this surgically, two entry cuts, slice fascia 1/3 across. I don’t think you will have relief until the physical tightness is mechanically changed, with surgery.”

December 2011, “Dr D,” Naturopath, Ashland, OR: “Low on testosterone, low on vitamin B12, increase your protein” begin hormone replacement therapy ([testosterone](#)), [vitamin B12, 90 gr protein per day](#). Also begin night splint.

January 2012 “Dr. E” DPM, Los Angeles, CA: X rays (normal) [Blood Platelet Injections, new orthotics](#), took ultrasound images, found no significant thickening of fascia. **Results months later from Blood Platelet Injections are poor, more pain. He hit a nerve on one injection, in left foot.**

March 2012 “Dr. E” **Got nerve conduction studies EMG, showed “high normal.” Also had MRI ankle and mid-foot looking for Plantar Fasciitis, found no evidence of Plantar Fasciitis. “Dr. E” suggests heel lift, tweaks orthotics, suggests possible future “calf release surgery.”**

March 2012, “Dr. F” DPM Ashland, OR, “You **have Plantar Fasciitis or Tarsal Tunnel, probably should start with another EMG nerve test, “Dr. H” is good person to see.**” I think you need my new orthotics. I pass on new orthotics, but schedule appointment with “Dr. H.”

April 2012, “Dr. G”, DPM Medford, OR “**You have Plantar Fasciitis.** I can operate or you can start with my new orthotics. I pass on both.

April 2012, Dr. H”, DPM Palo Alto, CA “**You have PF,** I don’t operate on PF, because this doesn’t work. Try corporeal shock wave therapy, X3.” I did not do the shock wave.

April 2012, “Dr. I”, DPM, sports medicine, Sacramento, CA “You have PF, it is not operable. Use tape and modify orthotics.” [Temporary help with taping and his tweak of my orthotics.](#)

May 2012, “Dr. J”, DPM Phoenix, AZ, uses Dr. Dellon’s **Pressure Specified Sensory Device**, determines I have lost two point discrimination, but have good single point sensory. **Diagnoses Tarsal Tunnel, prescribes Neurontin**, titrating up in 100 mg dose per week. Advises “don’t get manipulations, forget stretching, forget night splints” these may only worsen Tarsal Tunnel. [Start Neurontin. Neurontin increased slowly until 1200 mgs per day, no relief, nasty side affects. Stopped Neurontin with confirmation of TT diagnosis with “Dr. K” below.](#)

August 2012, “Dr. K” Baltimore, MD uses Pressure Specified Sensory Device, **diagnosis is Tarsal Tunnel and Neuropathy, finds “exactly the same results using PSSD as “Dr. J” did.” “Get blood tests to find out a cause.”** If systemic causes are ruled out with blood tests, **recommends “nerve release” surgery on the Tarsal and other foot nerves**, including 3 or 4

constrictions in calf. "Sooner the better, so we have a better chance of success. "85-90% chance of good results, but must act soon to prevent nerves from dying." **Obvious Tinnel sign first observed, after several doctors had looked for it.** I don't get the surgery.

September 2012, General MD, Ashland, follows up with "Dr. K's" request for **Full blood tests, results are no blood indications of systemic causes of neuropathy or foot pain.**

October 2012, "Dr. L", sports chiropractor. Portland. Most thorough exam yet. **Diagnoses me with both PF and Tarsal Tunnel.** Says there is a chance we can avoid surgery. [Better Low Dye Taping and orthodic adjustment provide relief, uses Graston and electronic machines including cold laser, back on PT. Continued several months with treatment and home program, results limited to maybe 10% improved,](#) still disabled for all activities except minimal, and continued bike riding for exercise (not weight bearing, so is tolerable, with some pain.)

December 2012, "Dr. M", Chiropractor, Ashland, OR supplements "Dr. L's" work to reduce visits to Portland.

December 2012, "Dr. N", Naturapath, Portland, OR [Conducted "Neural Therapy" with procaine, in late Dec.](#) Injections every 2 or three weeks of procaine into the tarsal nerve area near ankle (just under the skin, not into the nerve) in effort to "reset nerve." Procaine treatment provided good relief for pain in the bottom of the foot (arch) temporarily, so "indication the nerve is involved." No lasting relief. **Recommended hydro-dissection to release adhesion around tarsal nerve, rather than surgery.**

January 2013, "Dr. O," Orthopedic Physician. Medford, OR. X rays show (normal). **"If it was me, I'd start with the TT nerve release surgery, with "Dr. K", since he is an expert, and if that didn't work, go for the fascia release (for PF). You're in a wheelchair, I'd start cutting and see what happens."**

### **Update to History Above:**

February 2013, Begin Dr. Sarno's work: reading, journaling, inquiring into my personality type, observing inner pressures, tensions. I connect what I know about my inner life to the symptoms, based on Dr. Sarno's understanding. I begin very small pain-free walks, and gradually increase the distance.

April 2013 Eight mile backpack trip. First backpacking since 2009.

May 2013 Mt. Shasta ski mountaineering with several nights' supplies backpacked in. First skiing since 2009.

March 2015 No relapse or symptoms except minor, temporary foot pain on strenuous ski trips.

