

Plantar Fasciitis

Stretching is the best treatment for plantar fasciitis. It may help to try to keep weight off your foot until the initial inflammation goes away. You can also apply ice to the sore area for 20 minutes 3-4 times a day to relieve your symptoms. Rolling a frozen water bottle on the bottom of your foot can be beneficial.

Home exercises to stretch your Achilles tendon and plantar fascia are the mainstay of treatment and reduce the chance of recurrence.

Stretching Instructions



In one exercise, you lean forward against a wall with one knee straight and heel on the ground. Your other knee is bent. Your heel cord and foot arch stretch as you lean. Hold for 10 seconds, relax and straighten up. Repeat 20 times for each sore heel. It is important to keep the knee fully extended on the side being stretched.



In another exercise, you lean forward onto a countertop, spreading your feet apart with one foot in front of the other. Flex your knees and squat down, keeping your heels on the ground as long as possible. Your heel cords and foot arches will stretch as the heels come up in the stretch. Hold for 10 seconds, relax and straighten up. Repeat 20 times.

About 90% of people with plantar fasciitis improve significantly after two months of initial treatment. You may be advised to use shoes with shock-absorbing soles or fitted with an off-the-shelf shoe insert like a rubber heel pad. Your foot may be taped into a specific position.



3

Stretching Instructions

Continued...



1. Cross your affected leg over your other leg.
2. Using the hand on your affected side, take hold of your affected foot and pull your toes back towards shin. This creates tension/stretch in the arch of the foot/plantar fascia.
3. Check for the appropriate stretch position by gently rubbing the thumb of your unaffected side left to right over the arch of the affected foot. The plantar fascia should feel firm, like a guitar string.
4. Hold the stretch for a count of 10. A set is 10 repetitions.

Perform at least **three sets of stretches per day**.

You cannot perform the stretch too often. The most important times to stretch are before taking the first step in the morning and before standing after a period of prolonged sitting.

Anti-inflammatory medications can help decrease the inflammation in the arch and heel of your foot. Use the medication as directed on the package. If you tolerate it well, take it daily for two weeks then discontinue for one week. If symptoms worsen or return, resume for two weeks, then stop. You should eat when taking these medications, as they can be hard on your stomach.



What Are Implant Overdentures?

Implant overdentures snap onto dental implants anchored in the jawbone, delivering greater stability and comfort compared to conventional dentures that simply sit on the gums.



TRADITIONAL DENTURES

VS.

IMPLANT OVERDENTURES



Rely on dental adhesive or suction to stay in place on the gums



Removable for daily cleaning



Can shift or loosen while eating, speaking or laughing



May cause gum irritation or sore spots



Over time, may contribute to bone loss and a sunken facial appearance that can make you appear older



Securely snap onto dental implants anchored in the jawbone



Easy to remove and clean — no messy adhesives



Stable fit for improved comfort, chewing and confident speech



Designed to minimize pressure on the gums for all-day comfort



Help support jawbone health for a more natural, youthful appearance

Get Ready for a More Comfortable, Confident Smile

PreatLoc™

Discover if removable implant overdentures are right for you.*

- Stay secure and comfortable with dentures that fit reliably day after day
- Enjoy your favorite foods again and chew with ease and confidence
- Smile, speak, and laugh freely while feeling confident in every moment

* Treatment varies by individual; dental consult required.

Enjoy a More Confident, Comfortable Smile

With Removable Implant Dentures

- Secure fit designed to reduce slipping
- Improved chewing and clearer speech
- Natural-looking results that help maintain a youthful appearance

Ask us if snap-on implant overdentures are right for you!

 **Preat®**

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Feel More Comfortable and Confident With Implant Overdentures

Many patients choose them because they can:

- Feel more relaxed and confident in social situations
- Enjoy meals without worrying about dentures shifting or slipping
- Spend less time dealing with sore gums or denture discomfort
- Feel more at ease when speaking, smiling or laughing
- Maintain better long-term oral health and facial support
- Keep up with simple daily care routines at home

PreatLoc™

Our Recommended Overdenture System

Designed for comfort, healthy gums and peace of mind

- Secure snap-on fit for everyday confidence
- Tissue-friendly to help reduce plaque buildup and protect against bacteria
- Durable and comfortable for long-term daily wear



What to Expect During Your Implant Overdenture Journey

1



CONSULTATION & SCAN

We will evaluate your mouth, jawbone and current dentures (if you have them) to create a personalized treatment plan, including how many implants you'll need.

2



DENTAL IMPLANT PLACEMENT

Your implants will be surgically placed in your jaw, prioritizing your comfort. The number of appointments and procedure duration will be tailored to you.

3



HEALING PERIOD

Your jawbone heals around your implants, making them strong and secure.

4



FITTING YOUR PREATLOC™ OVERDENTURE

Your overdenture attaches easily to your implants with the PreatLoc™ system, providing a secure fit and all-day comfort.

Stay secure and comfortable with dentures that fit reliably day after day

Are Implant Overdentures Right for You?



You may be a good candidate for implant overdentures even if you have worn traditional dentures for years!

You may be a good candidate for implant overdentures if you:

- Have loose or uncomfortable dentures
- Notice your dentures move when you talk, laugh or eat
- Have difficulty chewing your favorite foods
- Experience sore spots or irritation in your gums
- Want a more secure yet removable denture option
- Are missing most or all of your teeth (top, bottom or both)