

Taylor Family Chiropractic Highlights Nonsurgical Care for Persistent Heel Pain During National Chiropractic Health Month

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MEDWAY, MA - October 13, 2026 -
Taylor Family Chiropractic in Medway, Massachusetts, is highlighting nonsurgical care for persistent heel pain during National Chiropractic Health Month, observed each October. The practice has published a plantar fasciitis shockwave therapy guide that explains how the treatment works, what sessions involve, and which factors help determine whether it may be appropriate for a patient.

The American Chiropractic Association, a national professional organization for chiropractors, organizes National Chiropractic Health Month. The 2026 observance carries the theme Joint Efforts, which centers on lifelong joint health and steps people can take to support mobility, joint function, and overall musculoskeletal health. The association describes the month as an opportunity to raise public awareness of musculoskeletal health and of non-drug approaches to care.

Foot and heel discomfort can disrupt everyday mobility, and plantar fasciitis is a common cause of persistent

heel pain. Research indexed by the National Library of Medicine describes the condition as a common cause of lower heel pain and notes that it affects athletes, military personnel, and sedentary individuals alike. It involves the band of tissue along the bottom of the foot that connects the heel to the toes, and symptoms are frequently most noticeable with the first steps after a period of rest.

Because other conditions can cause similar symptoms, the practice begins with a symptom evaluation and a review of health history before recommending any course of care. The practice indicates that shockwave therapy is typically considered for chronic soft tissue conditions that have not fully responded to rest, physical therapy, medications, or orthotics. Research on the treatment continues to develop, and a 2024 systematic review and meta-analysis led by Lorenzo Lippi examined how characteristics of extracorporeal shockwave therapy programs relate to pain relief and tolerability in plantar fasciopathy, noting that the optimal treatment program remains debated.

Taylor Family Chiropractic offers radial pulse shockwave therapy, which uses a handheld applicator placed on the skin to deliver acoustic pulses through the tissue without an incision. According to the practice, patients commonly describe the sensation as tapping, pulsing, or firm pressure, and the intensity is adjusted for comfort during each session.

A session typically lasts five to 10 minutes per treated area, and a course of care commonly includes four to 12 visits spaced about one week apart, depending on the condition and how the patient responds. Patients can generally return to normal activities right away, although mild soreness may last a day or two. The practice notes that some patients see improvement quickly, while fuller results can continue to develop over several weeks as tissue heals. Individual results vary, and decisions about treatment are best made with a licensed health care provider following an evaluation.

Shockwave therapy is not suitable for everyone. The practice reports that shockwave therapy may not be recommended for people with active infections, certain blood clotting disorders, or tumors, or over the treatment area during pregnancy. Medications such as blood thinners also require review. For patients living with persistent heel pain that has not improved with other conservative measures, shockwave therapy is one option to discuss with a provider after an evaluation.

The practice also pairs shockwave therapy with chiropractic adjustments, spinal decompression, and guided home exercises when appropriate. The practice notes that tracking when symptoms appear and which movements aggravate them can reveal useful patterns to bring to a discussion with a provider.

The husband-and-wife team of Dr. Cliff Taylor and Dr. Christy Taylor founded Taylor Family Chiropractic. The

Medway practice provides natural, conservative chiropractic care for patients of nearly every age.

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For more information about Taylor Family Chiropractic, contact the company here:Taylor Family ChiropracticTaylor Family Chiropractic(508) 533-3024info@medwaychiro.com74 Main St, Medway, MA 02053, United States of America

Taylor Family Chiropractic

At Taylor Family Chiropractic, our family is here to serve yours. We help families and individuals restore their well-being with natural, proven methods. Discover what your body can achieve when it functions at its best.

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