

LOS ANGELES, Sept. 13, 2013 /PRNewswire/ -- It is hard to overstate the importance of healthy feet and ankles for everyday life. That's why, when one is suffering from an injury like plantar fasciitis, Achilles tendonitis or ankle sprain, the precision and skill of a highly skilled and experienced [foot and ankle specialist](#) is a necessity. For the [podiatrist Long Beach CA](#) residents trust for truly effective treatment that gets them back to their daily life as quickly as possible, there is no better option than Dr. Pedram Aslmand at the Advanced Foot & Ankle Center. By concentrating on preventive measures as well as [foot treatment](#) that allows patients to quickly resume their regular activities, Dr. Aslmand has established himself as the premier specialist for conditions ranging from minor foot problems to complex major reconstruction.

Among heel issues one might suffer, plantar fasciitis is one of the most common, and is particularly prominent among middle-aged people. The condition is caused when the ligament that supports the foot's arch is strained. Repeated straining can lead to tiny tears in the ligament, followed by pain and swelling. Dr. Aslmand utilizes gait training techniques and encourages anti-inflammatory and passive stretching by patients to avoid episodes of plantar fasciitis, as well as shoe modification and taping to stabilize the foot and alleviate stress on the plantar fascia ligament.

For runners and other athletes who have suddenly increased the intensity or duration of their runs, Achilles tendonitis and ankle sprains are painful conditions that, without prompt and effective treatment, can lead to painful issues that last for years. Characterized by the inflammation, irritation and swelling of the Achilles tendon, the condition can lead to aching and more severe pain after prolonged running, stair climbing or sprinting, as well as tenderness or stiffness. Ankle sprains can also be exceptionally painful, with swelling and bruising often exacerbating the problem.

A Fellow of the American College of Foot & Ankle Surgeons, Dr. Aslmand is not only a surgeon of world-class skill, but he also brings genuine concern when performing each procedure. The surgeon incorporates a holistic approach when treating his patients; bringing athletes and others back to their active lifestyle as soon as possible. Untreated sprains can lead to long-term joint pain, which is why Dr. Aslmand recommends that sufferers seek professional treatment as

soon as possible. However, at the Advanced Foot & Ankle Center, Dr. Aslmand and his team concentrate on prevention methods as the best defense against painful and problematic foot and ankle conditions. Through shoe modification and orthotics, gait analysis and other techniques, their medical professionals assist all patients in avoiding long-term issues while allowing athletes to achieve the best possible results.

For medical assistance that focuses on prevention over treatment, contact Dr. Aslmand and his expert team at the Advanced Foot & Ankle Center to schedule an appointment. Over 50% of their patients are athletes seeking to avoid or treat foot conditions with potentially devastating results, but the center's state-of-the-art resources can benefit anyone. People who value the health and usefulness of their feet will find the work of Dr. Aslmand and his staff utterly invaluable. If you are suffering from Achilles tendonitis, plantar fasciitis, ankle sprains or any other foot issues, please call the center at 562-426-0376 or visit their website at www.footadvice.com.

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