

Heel Pain (Plantar Fasciitis)

DNA Health Report

REPORT CATEGORIES —



JOINT & TENDON
HEALTH



INJURIES

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

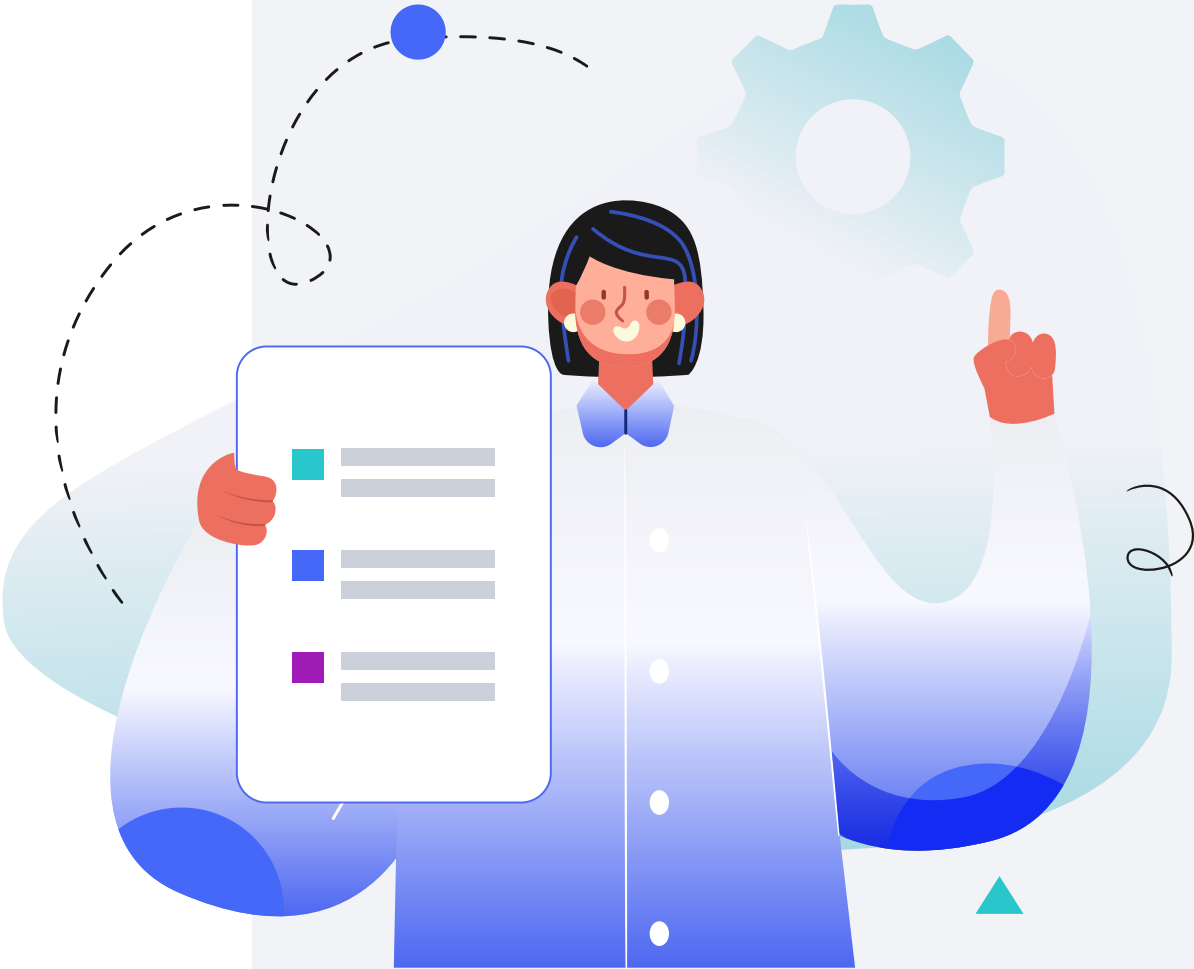
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Plantar fasciitis is one of the most common causes of heel pain. It involves inflammation of a thick band of tissue, called the plantar fascia, that runs across the bottom of the foot and connects the heel bone to the toes.

When the plantar fascia becomes inflamed or irritated, it can cause pain, especially with the first steps in the morning or after prolonged sitting.

Common symptoms associated with plantar fasciitis include:

- Sharp pain in the bottom of the heel
- Pain that is usually worse upon waking
- Pain that increases over a period of months
- Pain after long periods of standing or after rising from sitting
- Pain after, but not usually during, exercise

Risk Factors and Genetics

Factors that might increase the risk of developing plantar fasciitis include:

- Age, with it being most common between the ages of 40 and 60
- Certain types of exercise, such as long-distance running or ballet dancing
- Foot mechanics, including having a high arch, flat feet, or an abnormal walking pattern
- Obesity, which places extra stress on the plantar fascia
- Occupations that require long periods of standing or walking on hard surfaces
- Wearing shoes with inadequate support
- Genetics

While plantar fasciitis is primarily associated with environmental factors and physical stress on the foot, there is some evidence to suggest that genetic factors might play a role in predisposing certain individuals to the condition. For instance, variations in genes related to collagen structure and metabolism, as well as inflammation, might influence the health and resilience of the plantar fascia.



MORE LIKELY

More likely to have plantar fasciitis based on 28,598 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
NQO1	rs62051384	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Shock Wave Therapy	2	Low-Level Laser Therapy (LLLT)30 seconds
3	Acupuncture1 hour	4	Percutaneous Needle Electrolysis (PNE)
5	High-Intensity Laser Therapy10 minutes	6	Dry Needling30 minutes
7	Use Cushioned Shoes	8	Stretching15 minutes
9	Strength Training1 hour	10	Vitamin C2000 mg
11	Low-Intensity Pulsed Ultrasound	12	Cryoultrasound Therapy
13	Massage30 minutes	14	Myofascial Release5 minutes
15	Good Posture	16	Methylsulfonylmethane (MSM)1 g

1



Shock Wave Therapy

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

Schedule and attend sessions for extracorporeal shock wave therapy (ESWT) with a qualified healthcare provider. Typically, treatments may involve 1 to 3 sessions a week over a span of 3 to 4 weeks, depending on the condition being treated and the severity of symptoms.

Description

Extracorporeal shockwave therapy is a medical treatment that uses shockwaves to stimulate healing and reduce pain in various musculoskeletal conditions. It is often used for conditions such as plantar fasciitis and tendinitis.

In extracorporeal shockwave therapy, sound waves are emitted and passed through parts of the body. Doctors use it to help reduce pain and stimulate tissue recovery in people [\[R\]](#), [\[R\]](#).

How it helps

[Eight meta-analyses](#) (the largest one with 11 trials) concluded that shock wave therapy **(especially focused, even at low intensity) improves pain, VAS scores, and physical function in people with plantar fasciitis (even if recalcitrant)**. Shockwave therapy was found **more effective than ultrasound therapy** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

A [meta-analysis of 12 trials and 1431 participants](#) found that **focused shock wave therapy improves plantar fasciitis pain, especially when used at medium and high intensities. Radial shock wave therapy was found less expensive and probably more effective** [\[R\]](#).

A [meta-analysis of 236 studies and over 15k participants](#) identified shockwave therapy among the treatments **effective at reducing pain in the short term** and found it the **only effective one in the medium and long term** [\[R\]](#).

In line with this, a [meta-analysis of 19 trials and 1676 patients](#) found radial extracorporeal shock wave therapy the **most effective treatment for plantar fasciitis, followed by focused and radial extracorporeal shock wave therapy** [\[R\]](#).

When **compared to corticosteroid injection**, high-energy extracorporeal shock wave therapy is **more effective at improving VAS score** according to [2 meta-analyses](#) (he largest one with 9 studies) [\[R\]](#), [\[R\]](#).

Another [meta-analysis \(14 trials\)](#) found extracorporeal shock wave theapy **more effective than low-level laser therapy** [\[R\]](#).

Shock wave therapy shows **comparable effectiveness to autologous blood-derived products at relieving pain and better than corticosteroid injections at 6 months** according to a [meta-analysis of 7 trials and 604 patients](#) [\[R\]](#).

2



Low-Level Laser Therapy (LLLT)

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Use a low-level laser therapy device, as directed by its manual or a healthcare professional, on the affected area. Generally, treatment involves applying the laser for a specified duration, often between 30 seconds to several minutes, per treatment area. Sessions can be conducted 2-3 times per week for a period of 4-12 weeks, depending on the condition being treated and the device used.

TYPICAL STARTING DOSE

30 seconds

Description

Low-level laser therapy (LLLT), also known as photobiomodulation, is a type of light therapy that uses low-intensity lasers to promote healing. It has been shown to be effective in treating a variety of conditions, including pain, inflammation, and wound healing.

How it helps

A systematic review of 19 trials on plantar fasciitis treatment found that radial extracorporeal shock wave therapy (RSW), low-level laser therapy (LLLT), and intracorporeal pneumatic shock therapy (IPST) reduced pain significantly in the short term (0-6 weeks). RSW was the most effective. Another review with 18 studies on musculoskeletal disorders showed LLLT reduced pain, especially when following specific guidelines. A review on lower extremity tendinopathy or plantar fasciitis confirmed that LLLT effectively reduced pain and disability in various scenarios. However, it wasn't superior to extracorporeal shock wave therapy. Lastly, a 2019 review in 274 people with plantar fasciitis confirmed LLLT's effectiveness in reducing heel pain over three months but found no significant difference in Foot Function Index-pain subscale (FFI-p) [[R](#), [R](#), [R](#), [R](#), [R](#)].

3



Acupuncture

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture has shown promising results in alleviating the pain associated with plantar fasciitis, a common cause of heel pain. Several studies have investigated its efficacy, often comparing it to conventional treatments or sham acupuncture.

One study found that electro-acupuncture combined with conventional treatments significantly reduced pain and improved foot function in patients with chronic plantar fasciitis, with an 80% success rate compared to 13.3% in the control group [\[R\]](#).

Another randomized controlled trial demonstrated that acupuncture at specific acupoints provided significant pain relief, with notable improvements in morning pain and overall pain scores [\[R\]](#).

Additionally, a study involving recreational athletes reported that acupuncture, when combined with traditional treatments like ice therapy and stretching, resulted in better pain reduction and mobility compared to traditional treatments alone [\[R\]](#).

4



Percutaneous Needle Electrolysis (PNE)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

To implement PNE, a trained practitioner uses ultrasound guidance to accurately insert a fine needle into the affected tissue. A low-intensity galvanic current is then applied through the needle for a brief period, usually around 2-3 minutes. The procedure is typically performed in an outpatient setting and requires aseptic techniques to prevent infection.

Description

Percutaneous Needle Electrolysis (PNE) is a minimally invasive treatment that involves inserting a fine needle into soft tissue lesions and applying a galvanic current. This induces a localized inflammatory response, promoting tissue regeneration and pain relief.

How it helps

PNE is often used to relieve pain in muscles, bones, and joints. It may be more effective than dry needling for people with plantar fasciitis [R, R].

PNE helps reduce pain and functional limitations in people with plantar fasciitis [R, R].

5



High-Intensity Laser Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Attend high-intensity laser therapy sessions at a certified clinic, with each session lasting approximately 5 to 10 minutes, targeting the affected area. It's typically recommended to undergo this therapy 2 to 3 times a week for a span of 4 to 6 weeks, depending on the condition being treated and the therapist's assessment.

TYPICAL STARTING DOSE

10 minutes

Description

High-Intensity Laser Therapy is a medical treatment that uses focused light to help heal and relieve pain. It targets damaged or injured parts of the body, promoting tissue repair and growth. It's important for overall health as it provides a non-invasive alternative for pain relief and accelerates the body's own healing process.

How it helps

According to one meta-analysis, HILT significantly reduces pain in the first steps and has an impact on the quality of life of plantar fasciitis patients. Effects may last 3+ months [R].

It may be equally effective as other treatments like extracorporeal shock wave therapy (ESWT) and low-level laser therapy (LLLT) [R, R].

6



Dry Needling

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Schedule sessions with a certified physical therapist or healthcare professional trained in dry needling, typically once or twice a week, for a duration determined by your specific condition and response to treatment. Sessions usually last about 30 minutes.

TYPICAL STARTING DOSE

30 minutes

Description

Dry needling is a technique used by some healthcare professionals to alleviate muscle pain and tension. It involves inserting thin needles into trigger points in muscles, potentially helping to release tension and promote pain relief.

How it helps

According to several meta-analyses, dry needling may reduce heel pain and improve function in people with plantar fasciitis [R, R, R, R].

It can also reduce the thickness of the plantar fascia and improve the range of motion in the ankle [R].

7



Use Cushioned Shoes

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Wear shoes with cushioned soles whenever you are walking or standing, especially on hard surfaces. It is beneficial to replace them once you notice the cushioning has worn out, typically every 300 to 500 miles for runners or every six months for regular use.

Description

Cushioned shoes are footwear designed with added padding and support, commonly used to provide comfort and reduce the impact on joints and feet during walking or physical activities. They can help alleviate foot pain and discomfort, making them suitable for individuals with various foot conditions.

How it helps

According to one review, plantar fasciitis in runners can be prevented by controlling biomechanical inefficiencies, proper training shoes, and reasonable training routines [R].

The following items may help relieve plantar fasciitis [R, R, R, R]:

- Full-length shoe inserts
- Shoes with ultra-flexible midsole
- Double air-cushioned shoes

On the other hand, heel cushions may be of limited benefit [R, R].

8



Stretching

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Incorporate stretching exercises into your daily routine, dedicating at least 10-15 minutes each day. Focus on major muscle groups such as the neck, shoulders, chest, back, hips, and legs. For best results, stretch both before and after other physical activities, holding each stretch for 15-30 seconds without bouncing.

TYPICAL STARTING DOSE

15 minutes

Description

Stretching involves gently elongating the muscles to improve flexibility, reduce muscle tension, and enhance joint mobility. Regular stretching can help prevent injuries, promote better posture, and increase overall physical comfort.

Stretching is a form of physical exercise that involves moving a muscle or group of muscles to their maximum range of motion. The most common types are **dynamic** (involving movement) and **static** stretching.

Stretching can help **improve flexibility, range of motion, and posture**. It may also relieve stress, reduce muscle soreness and tension, increase blood flow, and reduce the risk of injuries.

To get the most out of stretching, try to do it regularly, breathe deeply, and ease into the stretches.

How it helps

Calf stretching and plantar fascia-specific stretching may help with plantar fasciitis, according to several meta-analyses. It may help alone or in combination with other interventions like shockwave therapy [\[R, R, R\]](#).

Stretching may reduce pain and functional limitations while improving stability [\[R, R\]](#).

9

Strength Training

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Strength training can be beneficial for individuals suffering from plantar fasciitis. Research indicates that high-load strength training, such as unilateral heel raises, can lead to significant improvements in pain and foot function within three months compared to stretching exercises alone [R].

Combining strength training with corticosteroid injections has also shown superior results in reducing pain and improving foot function over both short and long-term periods [R].

Incorporating muscle-strengthening exercises for the foot and hip can further enhance pain relief and functional outcomes [R, R].

10



Vitamin C

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Vitamin C, particularly when used in combination with other supplements, may offer benefits for tendinopathies and connective tissue injuries by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Enhancing collagen production
- Reducing inflammation
- Improving tendon healing

One study observed the above benefits for plantar fasciitis in particular [\[R\]](#).

11



Low-Intensity Pulsed Ultrasound

IMPACT2 / 5

EVIDENCE2 / 5

Description

Low-Intensity Pulsed Ultrasound (LIPUS) is a non-invasive therapeutic modality that utilizes sound waves to promote healing in various body tissues. Unlike traditional ultrasound therapy, which is continuous and used primarily for diagnostic purposes, LIPUS delivers pulsed waves at lower intensities, making it suitable for stimulating biological processes without causing thermal damage.

People mainly use LIPUS to treat non-union fractures where the bones fail to heal naturally after a break. LIPUS may also help with:

- Orthodontic treatments
- Periodontal tissue regeneration
- Wounds
- Spinal cord injuries

How it helps

Ultrasound therapy may decrease pain and improve functional disability in patients with plantar fasciitis [\[R\]](#).

12



Cryoultrasound Therapy

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

To implement Cryoultrasound Therapy, the therapist applies a coupling gel to the target area and then uses a device that emits both cold and ultrasonic waves. The device is moved in circular motions over the skin for about 10-15 minutes per session. This therapy should be conducted by a certified professional to ensure optimal safety and effectiveness.

Description

Cryoultrasound Therapy combines the therapeutic benefits of cryotherapy and ultrasound. It involves applying cold and ultrasonic waves simultaneously to reduce pain, inflammation, and muscle spasms, enhancing tissue healing and recovery.

How it helps

In several studies, cryoultrasound therapy has been shown to significantly reduce pain in patients with chronic plantar fasciitis, outperforming cryotherapy alone in terms of pain reduction and patient satisfaction [\[R\]](#), [\[R\]](#).

13



Massage

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you’ve ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Pain
- Fatigue

Reflexology is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

Acupressure is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

How it helps

Percussive massage therapy, which uses a mechanical device like the Theragun, has shown promise in improving pain, range of motion, muscle strength, and functional outcomes in patients with plantar fasciitis [\[R\]](#).

Additionally, combining massage with rehabilitative exercises has been found to positively affect muscle strength, balance, and pain levels, speeding up the rehabilitation process for athletes with plantar fasciitis [\[R\]](#).

Deep friction massage (DFM) has also been evaluated, although it was found to be less effective than local steroid injections in reducing pain and improving function. However, DFM can still serve as a useful adjunct therapy [\[R\]](#).

Another study highlighted the benefits of massage, including proximal trigger point release, in decreasing pain and functional impairments in patients with plantar fasciitis [\[R\]](#).

Overall, while massage alone may not be the most effective standalone treatment, it can significantly contribute to a comprehensive treatment plan for plantar fasciitis, especially when combined with other therapies like stretching and strengthening exercises [\[R\]](#), [\[R\]](#), [\[R\]](#).

14



Myofascial Release

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate myofascial release into your routine by using tools like foam rollers or massage balls, focusing on tense areas for about 5-20 minutes daily. You can also seek professional myofascial release therapy sessions, which typically last about 30-60 minutes, 1-2 times per week for targeted treatment.

TYPICAL STARTING DOSE

5 minutes

Description

Myofascial release is a type of massage therapy that can help to improve range of motion, reduce pain, and increase circulation. It can also help to improve posture and reduce stress.

How it helps

Myofascial release can help balance tension and reduce inflammation in the plantar fascia, the ligament connecting your heel to your toes which is irritated in plantar fasciitis. This manual therapy can alleviate pain and enhance mobility by increasing blood and lymphatic circulation and releasing stiffness in the foot area.

In a placebo-controlled trial of 66 patients with plantar fasciitis, myofascial release (12 sessions over 4 weeks) reduced pain and disability by 72.4% [\[R\]](#).

15



Good Posture

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Ensure your back is straight, shoulders pulled back but relaxed, and your head is aligned above your shoulders when sitting or standing. When sitting, keep your feet flat on the ground, and use a chair that supports your lower back. Do this continuously throughout the day, reminding yourself to adjust your posture whenever you notice it lapsing.

Description

Maintaining good posture helps prevent musculoskeletal problems, reduces the risk of back and neck pain, and supports overall spinal health. Proper posture can also enhance self-confidence and improve breathing and digestion.

Good posture may help lessen strain on your body. It involves keeping your head, shoulders, and hips aligned [\[R\]](#).

Forward head posture is a type of poor posture in which the head is pushed forward or tilted down toward the chest. This posture is common when using computers or smartphones [\[R\]](#).

Poor posture may lead to [\[R\]](#), [\[R\]](#):

- Muscle pain
- Headaches
- Breathing problems

How it helps

Maintaining good posture reduces unnecessary strain on the feet and may help prevent exacerbation of plantar fasciitis.

According to one review, plantar fasciitis in runners can be prevented by controlling biomechanical inefficiencies, proper training shoes, and reasonable training routines [\[R\]](#).

16



Methylsulfonylmethane (MSM)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 to 3 grams of Methylsulfonylmethane (MSM) per day, divided into three doses. This can be in the form of capsules or powder that is mixed with water. It is recommended to start with a lower dose to assess tolerance, then gradually increase to the desired dose over a period of 1 to 2 weeks.

TYPICAL STARTING DOSE
1 g

Description

MSM is a naturally occurring sulfur compound found in foods and used in dietary supplements. It has anti-inflammatory properties and may be used to support joint health and reduce exercise-related muscle soreness.

A molecule of MSM is broken down in the body into a sulfate (sulfur) group and two methyl groups.

The following may increase people’s needs for sulfur and methyl groups: physical activity, recovery from injuries, inflammation, infections/sickness, toxins, etc.

People also need more sulfur when taking hormones (DHEA, pregnenolone, etc.), drugs (Aspirin, Tylenol, NSAIDs, birth control, etc.) or supplements (flavonoids & polyphenols - resveratrol, quercetin, curcumin, etc.) that undergo sulfation.

How it helps

Please note: *There is no evidence from controlled clinical trials to support this recommendation. It is included based on uncontrolled clinical trials, animal or cell studies, or non-scientific criteria. Please take this recommendation with a grain of salt until more research is available.*

Collagen Synthesis: MSM provides sulfur, which is crucial for the formation of collagen. Collagen is a key component of the connective tissues in the body, including the plantar fascia. By supporting collagen synthesis, MSM might help in the repair and maintenance of this tissue, potentially aiding in the recovery process.

Anti-Inflammatory Action: MSM is known for its anti-inflammatory properties. Since plantar fasciitis is often characterized by inflammation of the plantar fascia, MSM may help reduce this inflammation, leading to a decrease in pain and swelling associated with the condition.

Pain Relief: MSM has shown potential in reducing pain, which can be particularly beneficial for the discomfort experienced in plantar fasciitis. This pain-relieving effect could improve mobility and quality of life for sufferers.

Antioxidant Properties: MSM's antioxidant capabilities can help reduce oxidative stress, which is implicated in tissue damage and inflammatory processes. This could be beneficial in managing the cellular damage and recovery associated with plantar fasciitis.

Improved Physical Function: Studies on MSM’s effects on joint health, particularly in conditions like osteoarthritis, have shown improvements in physical function. This suggests that MSM might aid in the improvement of foot function and mobility in plantar fasciitis.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	T4 Free (FT4)	1.26 ng/dL		9 Nov 2025
	TSH	2.76 mIU/mL		9 Nov 2025
	T4 (Thyroxine), Total	7.27 mcg/dL		9 Nov 2025
	T3, Free (FT3)	3.34 pg/mL		9 Nov 2025
	T3 Total	0.95 ng/mL		9 Nov 2025

Your Lifestyle Assessments

Ever heard of the term Nature vs. Nurture?

The thing is, both DNA and environment play a role in determining your health risks. The following assessments shows how much of an impact your lifestyle, environment and medical history are having on your health risks.

✓

LIFESTYLE

You have a **reduced risk** of plantar fasciitis based on the answers you provided.

Your Lifestyle Risk

LowDecreasedAverageIncreasedHigh

Factors impacting your risk:

What is your age?	Increasing Risk	!
41		
Your BMI:	Decreasing Risk	✓
22.77		
What is your sex?	Decreasing Risk	✓
Male		
Do you stand for at least 3 hours per day on average?	Decreasing Risk	✓
No		
What is your current weight?	No impact	—
62.0 kg		
What is your height?	No impact	—
165 cm		