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Learn everything you need to know about During the episode, Dr. Arora shares his expertise on the Historically it was thought that Do you have pain in your arches and feet? Soft tissue Dr. Kevin Christie of Health Fit Does taping work for plantar fasciitis? Dr. Gregg Gerstin covers how to correct This is a great exercise to improve foot/ ankle mobility, restore healthy foot function and release the Find out how the Springfield Wellness Center helps our patients get rid of In this video Dr. Chris talks about If you're one of the many millions of people who are suffering from