

Frisco Podiatrist Offers Non-Invasive Plantar Fasciitis Treatment Options

Greater Texas Foot & Ankle Specialist explains how custom orthotics and MLS Laser Therapy can help relieve heel pain without steroid injections or surgery.

FRISCO, TX, UNITED STATES, September 2, 2026 /EINPresswire.com/ -- Greater Texas Foot & Ankle Specialist, the Frisco-based podiatry practice led by board-certified foot and ankle surgeon Dr. Dean Kim, DPM, FACFAS, ABPM, is helping North Texas patients understand that plantar fasciitis does not always require steroid injections, surgery, or extended downtime. Through patient-centered education and non-invasive treatment options, the practice is giving residents of Frisco, Plano, McKinney, and surrounding communities a clearer path toward lasting heel pain relief.

Plantar fasciitis is one of the most common causes of heel pain, often producing a sharp or stabbing sensation with the first steps of the morning or after extended periods of standing. The condition occurs when the plantar fascia, the thick band of tissue along the bottom of the foot, becomes irritated or inflamed. Foot structure, repetitive stress, activity levels, footwear, and other biomechanical factors can all contribute to persistent symptoms.

Dr. Kim's approach begins with a thorough evaluation to determine the structural and biomechanical factors contributing to each patient's pain. For many patients, custom orthotics can help address abnormal foot mechanics by improving weight distribution, supporting proper alignment, and reducing strain on the plantar fascia.

The practice uses advanced 3-D scanning technology and pressure plate analysis to create orthotics tailored to the individual structure and function of each patient's feet. Custom orthotics may also benefit patients experiencing related conditions such as Achilles tendonitis, arch strain, or other biomechanical concerns that affect movement and comfort.

Beyond orthotics, Greater Texas Foot & Ankle Specialist offers MLS Laser Therapy, a non-invasive treatment that uses synchronized wavelengths of laser light to target affected tissue. The therapy is designed to reduce pain and inflammation while supporting the body's natural cellular repair processes. Treatments are performed in the office without needles, incisions, or recovery downtime.

For plantar fasciitis patients who want to avoid injections or more invasive procedures, laser therapy can provide another conservative treatment option. Dr. Kim evaluates each patient's

symptoms, activity level, foot mechanics, and treatment history before developing an individualized plan.

A comprehensive evaluation can also help determine when heel discomfort may be related to another foot or ankle condition. Symptoms such as persistent numbness, tingling, swelling, or pain involving the Achilles tendon are not always caused by plantar fasciitis alone. Identifying the source of the symptoms allows treatment to address the underlying problem rather than relying on continued self-treatment.

Greater Texas Foot & Ankle Specialist serves patients from Frisco, Plano, McKinney, and communities throughout North Texas. The practice welcomes new patients, though referral requirements may vary depending on an individual's insurance plan. Those ready to explore non-invasive options for heel pain can call (469) 384-2135 or visit gtxfoot.com to request an appointment.

Plantar fasciitis is something we treat every week, and the good news is that many patients respond very well to non-invasive options when the underlying cause is properly identified. Our goal is to help patients heal with as little disruption to their daily lives as possible. That starts with looking at the full picture and determining the most appropriate treatment before considering more invasive options.

About:

Greater Texas Foot & Ankle Specialist is a Frisco, TX podiatry practice founded by board-certified foot and ankle surgeon Dr. Dean Kim, DPM, FACFAS, ABPM. Dr. Kim is among a select group of surgeons worldwide who specialize exclusively in minimally invasive foot surgery. The practice is committed to compassionate, patient-centered care that emphasizes education, personalized treatment, lasting healing, and advanced approaches designed to reduce downtime and minimize scarring when surgery is appropriate. Greater Texas Foot & Ankle Specialist serves patients across Frisco, Plano, McKinney, and the greater North Texas area.

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