



2011

## **Barbers, Standing, and Foot Pain**

Raul, a popular barber at a private club in Chicago, was having problems standing up—literally. Over the years, standing eight or more hours every day, he developed plantar fasciitis, the most common cause of heel pain. An inflammation, plantar fasciitis can be extremely painful.

There are a number of ways to get plantar fasciitis, but for barbers it usually is caused by one thing: standing. To help alleviate the pain, Raul purchased orthopedic shoes, took more breaks, and installed a specially designed semicircular salon floor mat developed by Crown Mats and Matting.

Crown's salon mats are a type of antifatigue mat. They add enough cushion and bounce to help alleviate pain, improve blood flow through the legs, and reduce fatigue. "They are amazing," says Raul. "If Crown's salon mats had been installed years ago, I probably would not have plantar fasciitis now."

## **About Crown Mats and Matting**

For more than 60 years, Crown Mats and Matting has been a pioneer in the development and manufacture of matting products. Beginning with the invention of walk-off matting by the company's founder, R.P. Johnson, the company now has the most diverse matting product line offered in our industry. Crown sells matting through an extensive network of highly trained sales representatives throughout the United States and worldwide. These sales experts are familiar with the features and benefits of all matting systems and are able to help their clients find the right system for virtually any application.

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