



[Lou "THE HULK" Ferrigno](#)

June 2, 2015—**Even Superheroes Have Pain.**

In the summer issue of *PainPathways*, **Lou “The Hulk” Ferrigno** shares how he found relief from plantar fasciitis, the most common cause of foot pain. "People who don't understand this condition would say things like, 'Why are you complaining about your feet?'" he recalls. "But this is a chronic, very painful condition. I had a hard time even walking....my pain would start signaling pain, pain, pain."

Ferrigno says the challenges he faced after losing his hearing as a child continue to help him overcome life's challenges. In the article, he also discusses “FerrignoFIT,” a wellness program co-founded with his daughter, Shanna. [Read more.](#)

Other features in the NEW issue:

- Ketamine Therapy for Managing CRPS/RSD
- How Compounding Prescriptions Personalize Pain Care
- Pain Coaching
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- Earthing: Can Going Barefoot Reduce Pain?
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