

METRO FOOT AND ANKLE

DANIEL SAUNDERS, DPM

Diplomat American Board of Podiatric Surgery

Board Certified Foot and Reconstructive RF/Ankle Surgery

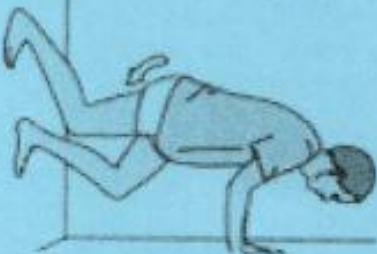
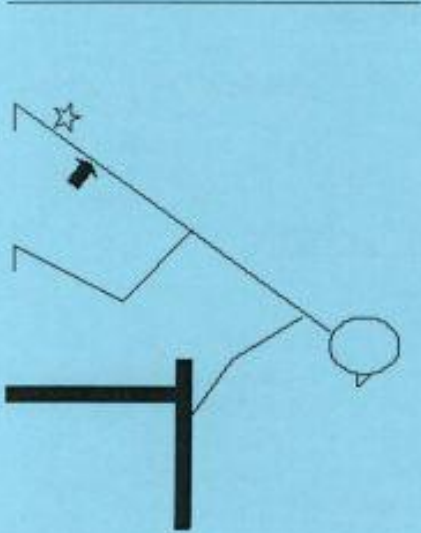
Board Certified Podiatric Medicine and Orthopedics, ABPOPPM

INSTRUCTIONS FOR HEEL AND ARCH PAIN

Treatment for heel pain (Plantar Fasciitis) is usually a two-fold process. The first part of this procedure involves relief of pain and inflammation. The second part is the prevention of recurrence. Medications, ice, and physical therapy help relieve the pain. An orthotic (supportive device) aids in the prevention of excessive stretching or pulling on the plantar fascia for long-term relief. The orthotics should be comfortable when worn. Not wearing the orthotic when pain is relieved may lead to recurrence of inflammation.

1. If medication is ordered, take as directed. In most cases, it should be taken with a meal. Drink extra water throughout the day. Report any problems with medication to the physician immediately.
2. **NO** barefoot walking. This bruises the heel and aggravates the problem by flattening and over-stretching the ligaments and muscles on the bottom of your foot. Lace-up shoes or athletic shoes work best as well as shoes with low heels, wedgies, or boots.
3. Excessive weight loss is important. Weight is one of the **MAJOR** contributing factors to heel and arch pain; therefore, weight loss is important.
4. Do stretching exercises. See sample diagrams on the back side of the page. Repeat stretching exercises 1-2 minutes, multiple times per day. The more times you stretch the calf and arch areas, the better the response. Don't stop the stretching exercises if pain goes away. Continue to stretch daily as a means of helping to avoid long-term or recurrent problems.
5. Apply ice or cold packs to the area. Use ice on heel and arch area after exercise, after heavy activity, and at the end of the day. Keep ice on the area for 30 to 60 minutes. Repeat ice 2-3 times per day.
6. Massage area of heel discomfort daily to help increase flexibility. Massaging should also include the arch area. Use your hand, a ball, or a can of frozen juice. Moisturizing cream or lotion helps while massaging the area with your hand.
7. Avoid stressful situations such as impact types of exercises (i.e., jogging or certain work related activities).
8. In some instances, injection therapy is recommended. If you received an injection, apply ice to the area 30 minutes on and 30 minutes off, and decrease your walking activities for the rest of the day. Rest and elevation of the foot is helpful.
9. Please review literature concerning heel pain provided to you. This briefly describes the pathology and treatment objectives.

Remember, your heel problem has probably been present for some time and therefore may take a period of time to resolve. Surgery might be necessary in a few instances, and is performed when conservative care has been exhausted.



Perform each stretch exercise 3X per day,
(Spend 2+ minutes each time)