

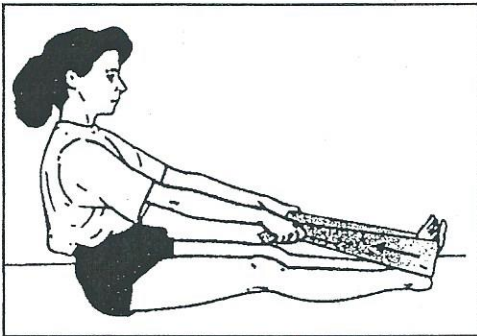
Family Foot & Ankle Care, P.C.

Dr. Alan J. Discont & Associates
Physicians & Surgeons of the Foot & Ankle

INSTRUCTIONS FOR HEEL AND ARCH PAIN

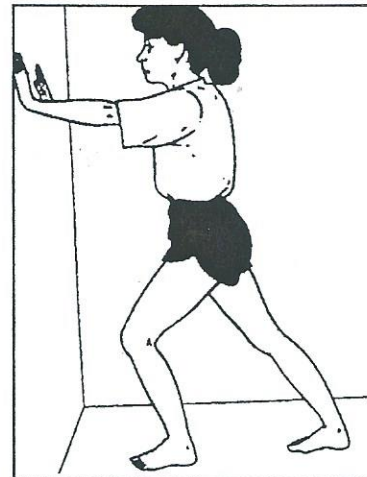
Treatment for heel pain (plantar fasciitis) is usually a two-fold process. The first part of this procedure involves relief of pain and inflammation. The second part is the prevention of recurrence. Medications, ice, and physical therapy help relieve the pain. An orthotic (supportive device) aids in the prevention of excessive stretching or pulling of 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 is one of the MAJOR contributing factors to heel and arch pain; therefore, weight loss is important and essential in reducing heel problems.
4. **Do stretching exercises.** See the example diagrams. Repeat stretching exercises for three to five 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 the pain goes away. Continue to stretch daily as a means of helping to avoid long-term or recurrent problems.



Towel Stretches

Fold a towel lengthwise and position it around your forefoot. Gently flex your foot upward. This improves heel-cord (Achilles tendon) flexibility.



Heel-cord Wall Stretches

Place your hands on a wall in front of you, supporting your weight on the uninjured leg. Extend the injured leg behind your body with your heel flat on the floor and lean forward. Repeat with weight on front leg.

- Chandler Foot & Ankle Center - 600 S. Dobson #D-35, Chandler, Arizona 85224
- Sun Lakes Foot & Ankle Center - 10440 E. Riggs Rd., #200, Sun Lakes, Arizona 85248

Office (480) 732-0033 • Fax: (480) 732-0038

www.familyfootdoctors.org

5. Apply ice or cold packs to the area. Use ice to heel and arch area, after exercise, after heavy activity, and at the end of the day. Keep ice on the area for 1/2 to 1 hour. Repeat ice 2 to 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 (jogging or certain work related activities.) Avoid working on ladders where the rung hits you in the arch area. Avoid bending the foot and overstretching the arch area.
8. In some instances injection therapy is recommended. If you received an injection, apply ice to the area 1/2 hour on, 1/2 hour off, and decrease your walking activities for the rest of the day. Rest and elevation of the foot is helpful. Remember your heel problem has probably been present for some time and therefore may take a period of time to resolve. Surgery is usually only necessary in a few instances, and is performed when conservative care has been exhausted.
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 may be necessary only in a few instances, and is performed when conservative care has been exhausted.