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Heel Pain Home Care Instructions

Plantar Fasciitis/Achilles Tendonitis

1. Wear pads/arch supports and recommended shoe gear at all times.
2. Take medication as prescribed. If you begin to experience any side effects, i.e., nausea/vomiting, dizziness, headache, fluid retention or elevation of blood pressure, please stop taking this medication immediately and notify our office. While these are rare side effects, they may occur.
3. Limit activity until you are advised otherwise. If you are sports medicine patient, please stay with the exercise program you were advised to follow.
4. **NO GOING BAREFOOT!** Or anything equal to going barefoot, such as house slippers, stocking feet, flip flop sandals, dress flats, loafer style shoes and/or boat shoes. In most cases, heel pain has a mechanical origin and you must constantly provide continued mechanical support which is the primary method of treating this condition.
5. Ice your heels at the end of each day. Ice is a very effective way to control swelling and inflammation.
6. Stretching Exercises-two times a day.
 - a) Achilles Stretch - Place hands against wall or counter. Stretch with leg straight and knee bent (10 second hold each one) Repeat 10-15 times each leg.
 - b) Towel Stretch - Place a rolled up towel under ball of foot, hold with resistance and stretch foot back toward you, hold 8-10 seconds, then stretch foot away from you hold 8-10 seconds. Relax. Alternate to other foot. Repeat 10-15 times each foot.
 - c) Rolling Pin or Frozen Water Bottle Exercise - Place a frozen water bottle or rolling pin under the arch of you foot while in a sitting position, and roll back and forth from the ball of your foot to the fat pad of the heel. Do this for 5-10 minutes each foot 2 to 3 times daily.
7. Night Splint - If you are just beginning treatment of plantar fasciitis and/or Achilles tendinitis you may not have received a night splint at this time. If after 4 to 6 weeks you have failed to improve with regards to symptoms, a night splint may be considered as part of your treatment program at home. For the first 2 weeks the night splint may be uncomfortable. If you awake during the night due to discomfort of the splint, remove the splint and get some rest. The following evening please use the night splint again. It may take a period of 2 to 3 weeks to become accustom to wearing the night splint through the night. In order to appropriately treat plantar fasciitis and/or Achilles tendinitis, it may require the use of a night splint for a minimum of 6 to possibly 12 months.
8. If you have any questions, need advise or assistance please call the office at 772-489-4343.

Patient Signature:_____

Witnessed by:_____