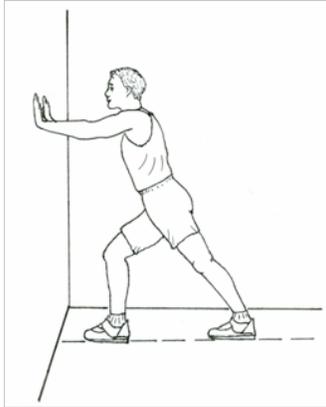


Plantar Fasciitis Treatment Instructions

1. **Achilles Tendon Stretches** are essential to eliminate your heel pain. Perform the following stretches twice-a-day; **morning and evening**:



Stand upright about one large pace away from the wall with your feet parallel and about hip width apart. Keep your feet in line as shown. Place your hands against the wall, at shoulder height. Move your right leg half a pace forward. Lunge forward on your right leg so that the knee is brought directly above the ankle. Stretch your left leg back as far as is comfortable with the foot and heel remaining flat on the floor. Slowly lean forward to stretch the left leg calf muscles and tendon. Hold the stretch for 10 seconds, relax, and repeat on the other leg. You can find additional helpful stretching videos on our website at www.AnkleCenter.com.

2. **Icing** your heel is vital to decrease inflammation that accumulates while you walk during the day, and to prevent more inflammation while you sleep. Apply ice to the bottom of your heel twice a day. This is very effective if you apply ice to your painful heel for 10-20 minutes just prior to bedtime. As an alternative, you can do contrast baths which can be more effective.
3. You may have some soreness in the heel for 48 hours after the injection. Take it easy and decrease activity until the soreness wears off.
4. **Do not go barefoot.** Do not wear flip-flops or house shoes while recovering. Only wear shoes with a moderate heel that do not bend through the arch. Always wear shoes when walking, even in the home. Wear **Custom Orthotics** in your shoes at all times.
5. Perform **ABC's** after any period of inactivity to decrease pain with initial step.

You can find additional heel stretching videos on our website www.AnkleCenter.com.

We have a very high success rate with these treatments. Less than 2% of patients who follow these treatments will need surgery to become pain free!

If you have any questions, call Dr. Segler immediately at 415-308-0833.