

## **ACHILLES/HEEL/ARCH PAIN**

1. **Never** walk bare-footed, even for a quick bathroom stop in the middle of the night.
2. **Always** wear a good supportive running shoe or 1 ½ inch heel.
3. **Stretch**-count to 15: 3 to 5 times before rising from a resting position, before and after activity at least twice daily.

### **Stretching Exercises:**

- \_\_\_\_\_ Pull toes and ankle back, knee straight
  - \_\_\_\_\_ Toe up on wall
  - \_\_\_\_\_ Wall push ups
  - \_\_\_\_\_ Pull big toe up with hand
4. Apply an ice pack wrapped in a thin towel to the area for 20-30 minutes after activity and at the end of the day.
  5. Roll the arch of the foot over a tennis ball or a frozen plastic water bottle as a massage modality.
  6. Ice massage, make ice in paper cup, peel back paper to make an ice applicator and rub in area of swelling and pain, moving ice frequently on skin.
  7. Avoid walking up hills or on an incline on an exercise machine.
  8. Wear \_\_\_\_\_ Tape for 7 days or as instructed. Take it off carefully.
    - \_\_\_\_\_ Heel lifts in all shoes.
    - \_\_\_\_\_ Supportive OTC inserts in all shoes.
    - \_\_\_\_\_ Night/Rest Splint.
  9. Orthotic devices (custom made prescription shoe inserts) may be necessary. Orthotics holds the foot in a neutral position and helps avoid re-injury of the plantar fascia.

### **Additional Treatment Options:**

- \_\_\_\_\_ Steroid injection
- \_\_\_\_\_ Protein Rich Plasma (PRP) Injection
- \_\_\_\_\_ Stem Cell Therapy
- \_\_\_\_\_ Laser Therapy