Heel Pain Visit 1

**Bottom of heel (Plantar Fasciitis)**

- **X-Ray**
  - AP and lateral weightbearing
  - Check for stress fracture or bone spur

- **Strapping**
  - Large moleskin T-strap
  - Provides support of plantar fascia ligament

- **Powersteps**
  - 3/4 vs Full-length based on shoes
  - Controls the mechanics that causes the inflammation

- **Thera-Band Kit**
  - Foot roller: 10-15 times in morning. 10 minutes on frozen roller in evening
  - Biofreeze roll-on: topical anti-inflammatory to be used 2-3 times per day
  - Theraband: stretching and strengthening exercises in pamphlet

- **Rx for anti-inflammatory medications**
  - Medrol dosepak #1 dosepak Use as directed
  - Piroxicam 20mg #30 1 cap once daily with food

- **Follow up in 2 weeks**
  - Important to follow up to ensure our treatment is effective and we get you healed as quickly as possible

**Back of heel (Achilles Tendonitis)**

- **X-Ray**
  - AP and lateral weightbearing
  - Check for stress fracture or bone spur

- **Powersteps**
  - 3/4 vs Full-length based on shoes
  - Controls the mechanics that causes the inflammation

- **Thera-Band Kit**
  - Foot roller: 10-15 times in morning. 10 minutes on frozen roller in evening
  - Biofreeze roll-on: topical anti-inflammatory to be used 2-3 times per day
  - Theraband: stretching and strengthening exercises in pamphlet

- **Bilateral heel lifts**
  - Reduces the tension on the Achilles tendon

- **Rx for anti-inflammatory medications**
  - Medrol dosepak #1 dosepak Use as directed
  - Piroxicam 20mg #30 1 cap once daily with food

- **Follow up in 2 weeks**
  - Important to follow up to ensure our treatment is effective and we get you healed as quickly as possible