



# Heel Pain Visit 1

## History - MA

- Vitals
  - CC: Heel Pain or Achilles Problem
  - BP
  - Respirations
  - Pulse
  - Height/Weight
- Allergies
- Medication History
- Past Medical History
- Past Surgical History
- Family history
- Social history
- Review of Systems

## Is Patient Diabetic?

- How long?
- Control?
  - Diet
  - Oral med
  - Insulin
- Last blood sugar
- Last Hemoglobin A1c
- Last time they saw their Physician
- Add diabetic history CC

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