

## Heel Pain / Plantar Fasciitis Instructions

- Keep strapping/tape on foot for 6-7 days. Remove it the ***night before*** returning for your follow-up appointment.
- Keep strapping dry. When showering, protect the wrap with a plastic bag around the foot and duct tape at the ankle. (Reusable shower protectors are available at the front desk if desired.)
- Wear comfortable shoes with good arch support at all times. This includes time spent at home. Keep shoes at the bedside for ease of use in the morning when first getting out of bed. AVOID walking barefoot, slippers, stocking feet, flip-flops.
- Place heel cup in shoe and wear at all times. When changing shoes, transfer cup to the new shoes.
- Ice the heel and arch as directed by your doctor each day. Apply ice to the affected area 5 minutes on, 5 minutes off, 5 minutes on for a total of 15 minutes.
- If a night splint was dispensed, apply to the foot as directed and wear every night for \_\_\_\_\_ weeks.
- Take medication as directed.
- Stretch as directed.