

FootCare , P.A.

Podiatric Medicine & Surgery

Sandra L. Gold, DPM

Gary C. Mashigian, DPM

RECOMMENDATIONS FOR HEEL PAIN TREATMENT

1. Contrast foot soaks (See attached instructions)
2. Stretching exercises (See attached instructions)
3. Frozen massage therapy (See attached instructions)
4. Ice therapy (See attached instructions)
5. Rest and protect the area as much as possible.
6. Shoe insert therapy. Please wear your inserts as much as possible.
7. Anti-Inflammatory medication to be taken until finished.
8. Steroid injection to the affected area.

****If you have any questions or concerns please contact the office.**

REMINDER: Your condition can take several months or greater than one year to resolve.

Successful treatment includes maintaining your scheduled appointments.