

# FootCare , P.A.

## Podiatric Medicine & Surgery

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### 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.