

Heel Pain Protocol

- 1.Diabetic Care
- 2.Diseased Nails
- 3.Durable Medical Equipment
- 4.Foot and Ankle Surgery
- 5.Heel Pain
- 6.Nail and Wart Surgery
- 7.Skin Hyperkeratosis
- 8.Skin Infections
- 9.Trauma and Micro Trauma
- 10.Ulcer
- 11.Shoe Pain

Heel Pain Protocol Products



Step 1



Step 2



Step 3



Step 4

Heel Pain Protocol (Plantar Fasciitis- Bursitis- Tendonitis)

- **Step 1: Arnica Ice Soothing Gel**
Apply to the heel two to three times daily to reduce pain, bruising and swelling. Wash hands after application.
- **Step 2: 1/4" Arch Support**
Apply directly to the arch cover with a strap, coban or ace wrap as directed by your physician. May also be applied directly to the shoe.
 - a. Clean and dry skin thoroughly if applying pad directly to skin.
 - b. Remove plastic backing off pad by pinching the edge of pad and slowly peeling off.
 - c. Remove pad at night and when showering. For proper hygiene and to restore tackiness of pad, wash with soap and water and let air dry. Store overnight on provided storage sheet.
- **Step 3: 1/4" Heel Lift**
Place one Heel Lift in each shoe to; reduce the pull on the plantar fascia; protect the heel bursa; and reduce the Achilles effect on the fascia.
- **Step 4: Shoe & Insole Hygienic Refresher**
Spray shoes, orthotics or insoles daily to reduce the risk of infection and re-infection.