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MUSCULOSKELETAL PAIN INSTRUCTIONS

APPLYING COLD

1. Apply ice or a cold pack to the area of pain for no more than 10 minutes every 1 hour. This can be done 5 times per day until further notice or until the pain is gone.

****Beware! Overuse or misuse of ice can cause serious burns (frostbite)****

WATER BOTTLE

1. Take a plastic water bottle and fill it with water.
2. Freeze the water bottle.
3. Roll your foot over the water bottle while seated for 10 minutes. Switch and do the opposite foot.

****you can apply BIOFREEZE** to your foot at anytime to help relieve pain -- it works well after applying cold therapy****

HEEL CORD STRETCH #1

1. Stand and lean against a wall with one foot in front of the other. The front leg/knee will be locked and the other bent. At this time, lean back and you will feel a pull in your calf muscles.
2. Hold the stretch for 15 seconds & alternate which leg is in front.
3. Relax for 15 seconds & do 10 REPS per leg.
4. Repeat this exercise 2-3 times a day.

HEEL CORD STRETCH #2

1. While standing on the stairs, face "UP" and hold on to the banister.
2. Slowly let your heels fall down to the step below, stretching your calf muscles (you will feel a pull in your calf muscles).
3. Relax for 15 seconds & do 10 REPS total (both legs at the same time)
4. Repeat this exercises 2-3 times a day

PLANTAR FASCIAL STRETCH

1. While seated, raise toes (and ball of foot) toward you while bending your ankle as high as you can (using a towel or 'stretch' band). You will feel a stretch both in your calf muscles and the bottom of your feet.
2. Hold this position for 15 seconds.
3. Alternate doing this with the opposite foot; perform the stretch 10 times/foot
4. Perform this exercise 2- 3 times a day.

****This exercise should *always* be performed first thing in the morning to warm up your muscles and plantar fascia****