

HEARTLAND FOOT AND ANKLE ASSOCIATES P.C.

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Musculoskeletal Pain Instructions

For your healing and recovery it is essential to follow the daily Musculoskeletal Pain Instructions as this specialized combination of stretching aids and exercises work jointly to flex and loosen different muscles and tendons, consequently decreasing pain and the need for additional treatment such as steroids, formal physical therapy, and surgery.

Morning Stretch (seated):

1. Stretching aid: *TheraBand Kit*
2. Perform this exercise first thing in the morning to warm up your muscles and plantar fascia.
3. While seated, raise toes (and ball of foot) toward you while bending your ankle as high as you can while using the TheraBand Stretching Band to achieve a greater stretch.
4. You will feel a stretch both in your calf muscles and the bottom of your feet.
5. Hold this position for 15 seconds.
6. Alternate doing this stretch with the opposite foot, perform the stretch 10 times per foot.
7. **TIPS:**
 - a. Easily remember this stretch as 'Toes to your Nose'!
 - b. This stretch can be performed at other times during the day as needed.
 - c. You can apply *BioFreeze* up to 4 times throughout the day for immediate cold relief.
 - d. Freeze the *TheraBand Foot Roller* and roll under your foot for immediate cold relief throughout the day.

Night Time Stretch (seated):

1. Stretching aid: *Stretching Splint*
2. To use the stretching splint:
 - a. Unbuckle all 3 buckles.
 - b. Rest your foot and leg so that your heel is all the way in the back of the splint, your leg and foot should be resting in the splint.
 - c. Buckle the top strap on top of your calf.
 - d. Buckle the middle strap over your ankle, under the 2 side straps.
 - e. Buckle the bottom strap on top of your foot, under the 2 side straps.
 - f. If needed, un-Velcro and tighten the 2 side straps until you feel a stretch in the back of the calf, then secure both side straps.
3. When to wear the stretching splint:
 - a. Wear the stretching splint for at least 10 minutes, preferably last thing at night. Alternate to other foot.
 - b. Wear the splint while you watch your favorite TV show, search the web, read the latest best seller, play a board game, play on your electronic device, or anytime you are seated. Never walk in the stretching splint.
4. **TIPS:**
 - a. All 3 straps can be tightened or loosened
 - b. This stretch can be performed at other times during the day as needed.

All Day Stretch (standing):

1. Stretching aid: *UltraFlexx*
2. Use the UltraFlexx to stretch during the day.
3. Step by step UltraFlexx instructions are on the back of this sheet.