

► Self help (72hours)

- **Rest** - cease sporting activity or any activity that increases your pain
- **Ice** - ice the area of concern (heel) for 20 minutes or until it's red every 2 hours (this will help decrease inflammation)
- **Compress** - Use a bandage or tape to apply compression to the area to help minimise swelling.
- **Elevate** - offload /rest further by elevating the foot.
- low level anti-inflammatory use (Ibuprofen) SEEK YOUR the advice of your GP

IF PAIN PERSISTS SEE A PODIATRIST OR GP TO ENSURE THIS DOESN'T GET WORSE!

► Podiatry Management

- **Offload** - A podiatrist can help provide the appropriate level of offloading until the symptoms settle. Podiatrists are experts in taping, padding, footwear and orthotics and adjustments
- **Diagnosis** - Podiatrists are experts in the diagnosis and treatment of heel pain especially where self help techniques have failed.
- Professionals in the management and treatment of all aspects of the lower limb. We can help!!

THE PAIN HAS SETTLED! SEEK PODIATRIC HELP TO SEE WHY IT OCCURRED & ENSURE IT DOESN'T COME BACK

► Podiatry treatment and rehab

- **Treatment** - Now that your problem has been treated your podiatrist can get on with treating issues around flexibility, co-ordination, strength, foot posture and biomechanics of the foot and lower limb that may have caused it to occur
- **Success** - tailored treatment/exercise program with use of tailored footwear and orthotics can help to prevent any re occurrence and to ensure that a happy and healthy lifestyle can be achieved without heel pain!

IGNORED HEEL PAIN CAN RESULT IN NERVE IMPINGEMENTS, CHRONIC INFLAMMATION, INABILITY TO WALK, WEIGHT BEAR, PARTICIPATE IN SPORTS, AFFECT WORK & EVEN RESULT IN SURGERY