

PRE-ORTHOTRIPSY INSTRUCTIONS

1. EAT A LIGHT BREAKFAST. JUICE AND TOAST FOR EXAMPLE. THE COMBINATION OF MEDICATION YOU WERE PRESCRIBED MAY MAKE YOU ILL IF YOU EAT TOO MUCH.
2. BRING A CURRENT LIST OF ALL MEDICATIONS AND ALL ALLERGIES.
3. WEAR COMFORTABLE, LOOSE CLOTHING AND SHOES. PANTS MUST BE ABLE TO BE ROLLED UP TO YOUR KNEE. DO NOT WEAR FLIP-FLOPS, SANDLES, OR BOOTS.
4. BRING A COMPETENT DRIVER. IT IS RECOMMENDED THAT YOUR DRIVER STAY TO WAIT FOR YOU DURING THE PROCEDURE. IF YOUR DRIVER MUST LEAVE DURING THE PROCEDURE, THEY **MUST** HAVE A CELL PHONE OR PAGER WITH THEM. THEY MUST NOTIFY THE RECEPTIONIST PRIOR TO LEAVING.
5. THE MACHINE BEING USED IS BEING BROUGHT IN FOR THIS PROCEDURE. IF UNABLE TO ATTEND, PLEASE GIVE THE OFFICE AT LEAST 48 HOUR NOTICE.
6. ARRIVE 10-15 MINUTES EARLY FOR PAPERWORK.
7. THERE WILL BE PERIODS OF TIME WHERE YOU WILL HAVE TO WAIT. PLEASE BE PATIENT.

POST-ORTHOTRIPSY INSTRUCTIONS

1. YOU MAY EXPERIENCE SOME PAIN OR DISCOMFORT IN THE HEEL THAT HAS BEEN TREATED; YOU MAY ALSO CONTINUE TO HAVE THE SAME TYPE OF HEEL PAIN AS YOU HAVE HAD BEFORE TREATMENT FOR 1 – 2 WEEKS. DO **NOT** TAKE ANTI-INFLAMMATORY MEDICATIONS SUCH AS ADVIL, ALEVE, ASPRIN, OR NAPROXIN. PAIN IS MANAGEABLE BY OVER-THE-COUNTER PAIN MEDICATION, SUCH AS TYLENOL, IN MOST CASES; HOWEVER YOU MAY BE PRESCRIBED PAIN MEDICATION AS NEEDED.
2. DO **NOT** PARTICIPATE IN ANY STRESSFUL ACTIVITY INVOLVING THE AFFECTED HEEL UNTIL YOUR NEXT VISIT TO YOUR DOCTOR. “STRESSFUL ACTIVITY” MAY INCLUDE, BUT IS NOT LIMITED TO, RUNNING OR JOGGING, DOING HEAVY HOUSEWORK OR YARDWORK, OR PARTICIPATING IN SPORTS.
3. DO **NOT** ICE THE AFFECTED HEEL.
4. YOU MUST COME TO YOUR FIRST POST-ORTHOTRIPSY APPOINTMENT.
5. TO AVOID INJURY:
 - a. USE AN ORTHOTIC (SHOE INSERT) IF YOU HAVE ONE.
 - b. AVOID COMPLETELY FLAT SHOES, SUCH AS MOCCASINS, SLIPPERS, BOAT DECK SHOES THONGS, SANDALS, AND BARE FEET.
 - c. AVOID HIGH HEELS.

POST-ORTHOTRIPSY STRETCHING EXERCISES

THE FOLLOWING EXERCISES SHOULD BE PERFORMED AT LEAST ONCE EVERY DAY AND BEFORE ANY SPORTS, ACTIVITY, OR BEFORE WALKING LONG DISTANCES.

1. CALF STRETCH

- a. STAND BACK APPROXIMATELY 1 FOOT FACING A WALL. EXTEND ONE LEG BEHIND YOU. KEEP BOTH FEET FLAT ON THE FLOOR, TOES POINTED STRAIGHT AHEAD, WITH YOUR EXTENDED KNEE STRAIGHT AND YOUR FRONT KNEE BENT.
- b. MOVE YOUR HIPS FORWARD; KEEP YOUR LOWER BACK FLAT.
- c. LEAN INTO THE WALL UNTIL YOU FEEL TENSION IN THE CALF MUSCLE OF THE EXTENDED LEG.
- d. HOLD FOR TEN SECONDS, AND THEN STRETCH THE OTHER LEG. RELAX AND REPEAT AT LEAST TWO MORE TIME.

2. PLANTAR STRETCH

- a. STAND BACK TWO OR THREE STEPS FACING THE WALL.
- b. BEND ONE LEG FORWARD AND LEAN SLIGHTLY AGAINST THE WALL. KEEP THE BACK FOOT FLAT AGAINST THE FLOOR AND PARALLEL TO YOUR HIPS.
- c. RAISE THE BACK HEEL OFF THE FLOOR. SHIFT YOUR WEIGHT TO THE BALL OF THE FOOT, AND PRESS DOWN. HOLD FOR 5 SECONDS, AND REPEAT AT LEAST 2 MORE TIMES.

3. ACHILLES TENDON STRETCH

- a. STAND WITH ONE LEG IN FRONT OF YOU, SLIGHTLY BENT, AND THE OTHER LEG EXTENDED BACK.
- b. LOWER YOUR HIPS DOWNWARD AND SLIGHTLY BEND THE KNEE OF THE EXTENDED LEG JUST UNTIL YOU FEEL SLIGHT TENSION AT THE BACK OF YOUR ANKLE.
- c. HOLD THE STRETCH 10 SECONDS, AND THEN STRETCH THE OTHER LEG. REPEAT AT LEAST TWO MORE TIME.