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FOOT/ANKLE HOME HEALTH REGIMEN

This home health regimen was designed for you to be directly involved with your medical care and aid in resolving your discomfort. Use this as a guide to follow and to refer back to if your discomfort should occur in the future.

- 1. Take any medications as prescribed on a full stomach. If you have any problems with the medication, stop taking it and call our office immediately.**
- 2. If possible, wear the inserts/orthotics in all of your shoes. If the shoes become too tight with the inserts, do not wear those particular shoes until you are better.**
- 3. Wear a good running/walking shoe as much as possible for both everyday and exercise activity. For example, running shoes such as: NIKE AIR, ASICS, SAUCONY, and NEW BALANCE are recommended**
- 4. Stretching Exercises are one of the most important ways you can help yourself improve. It is crucial they are performed every day and at least 2-3 times in a given day. These stretching exercises include:**
 - a. Against the wall stretch:** Stand two feet away from the wall facing the wall. Arms are against the wall. Take a step back with the one foot you plan to stretch, and then bend the, front knee and lean against the wall until you feel a stretching sensation in the calf muscle. Stretch for 30 seconds. Relax, then perform this same maneuver on the opposite leg. This should be done 2-3 times each time you stretch. In addition, with the one foot in the same position, move the back foot up to the heel of the front foot and then bend both knees. This is the second part to stretch the Achilles tendon.
 - b. Edge of step:** Stand with the front half of your foot on the edge of step holding onto the railing. Lower Your heels such that your heels are below the step. Stretch for one minute. Repeat for 5 minutes.
 - c. First thing in the morning,** place a belt or rolled up towel around the ball of your foot, with the knee straight pull with both arms until you feel a pulling in your calf. Perform also for 30 seconds 2-3 times.
- 5. Use an ice pack with a towel around it on the affected area(s) for 30 minutes two times a day, especially at night before you go to bed.**
- 6. If you exercise regularly, decrease the length of time that you exercise by 50% and give yourself a day off every other day. Stationary bike, swimming, walking and other non/low impact exercise will still burn calories, give you cardiovascular workout and help your foot/ankle condition get better. Remember to stretch twice as long after you exercise to relax your muscles and tendons.**

THANK YOU!