

# HEEL PAIN PATHWAY



## Less than 40% reduced pain

Check you are following treatment correctly. Review our taping and exercises videos. Repeating the daily strapping and exercises. Review insoles and review again in 2 weeks.

If no improvements after the 2 extra weeks you may need extra help with your heel pain. Consult your GP, podiatrist or other clinician managing your foot treatment



## 50% - 60%

Continue exercises x2 a day and continue using insoles and strap your heel every other day and review in 2 weeks.

If no improvement repeat the same treatment for 4 weeks but review in 2 weeks, if improved move on. If not improved after another 4 weeks you will need to consult your foot expert.



## 70% - 80%

Stop strapping except if in pain, or extremely busy day on your feet.

Keep using exercises and insoles.

If no further improvement be patient if you can, the heel pain should go. Only seek further advice if still in pain 6 months after treatment started.



## 40% - 50%

Continue to strap the heel for another 2 weeks, continue exercises x2 daily, use the insoles as much as possible.

Review in 2 weeks

If no improvement continue another 2 weeks of the same treatment and check videos. If no improvement consult your GP, podiatrist or other clinician managing your foot treatment.



## 60% - 70%

Continue exercises x2 daily along with using the insoles. Strap your heel for times of increased activity only.

Review in 2 Weeks

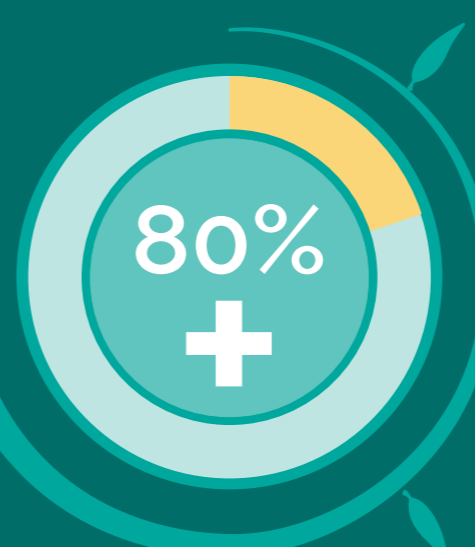
If no improvement continue this treatment regime for another 6 weeks reviewing at every 2 weeks. If no improvement see your foot health professional.



## 80% +

Pain will slowly go and continue exercises daily along with wearing insoles when active.

If still in pain 6 months after treatment started seek further professional help for your heel pain.



# 100% PAIN FREE

EXERCISE FEET WEEKLY AND USE INSOLES WHEN ACTIVE