



Heel Pain The Secrets Revealed

We treat 6-8 people a day for heel pain!!

Over 5000 people have been treated this way!!
WITH TREMENDOUS RESULTS.

Be persistent

No it won't get better over night! It takes time. Be prepared for some good and some bad weeks, **but** be persistent as it will pay off in 6-8 weeks. As most people start to get tremendous results at this time.

Taping Works

Along with orthoses our clinic experience coupled with evidence based research says taping helps relieve your heel pain. Keep it on as instructed by our podiatrist and reap the benefits.

Wear enclosed footwear!!!

"No compromise" says our podiatry team. Enclosed lace up footwear is an ESSENTIAL PART of your treatment regime. Yes you **MUST** wear them from when you get out of bed till when you go to bed. Every time you are out of these, you are going backwards!!



Orthoses work!!

Orthoses help relieve heel pain!! Our clinical experience backed by evidence based research say's orthoses speed up recovery times for heel pain patients. There are different types of orthotics for everyone. Ask your podiatrist TODAY if orthoses are for you.



Regular massage appointments help!!

Yes the massage appointments work! But don't leave it too long between visits. 12 years of "hands on" experience says your appointments should be between 5-7 days apart. Leave it any longer and you will not get the results your hoping for, setting back your recovery.

The information provided here should not be used for the diagnosis or treatment of any medical condition. **This should not be construed as professional advice.** A registered Podiatrist or general practitioner should be consulted. We strongly recommended you contact one of our professional staff for a detailed diagnosis and treatment plan.

