

The one page to keep

Everything that matters, on a sheet you can hand to someone else.

STOP AND GET HELP TODAY

- A foot suddenly cold, pale or blue, with severe pain or numbness — **ER**
- A pop or snap at the back of the heel, then weak push-off
- Can't put weight on it after an injury, or it looks deformed
- A red, hot, swollen foot with a wound, fever or feeling unwell
- Diabetes or numb feet: any new wound, blister, or a newly warm swollen foot
- A newly swollen, warm or painful calf; with chest pain, call 911

BOOK A VISIT THIS WEEK

- Pain getting worse, or back after it had settled
- Burning, tingling or numbness; pain at night or at rest
- A growing lump, or you're limping
- A child whose heel pain keeps returning
- Pain that builds the longer you're on your feet
- No better after about two weeks of good self-care

Every day, for 14 days — from The Heel Pain Playbook

MOVE	HOW MUCH	WHEN
1 · Plantar fascia stretch	10 holds of 10 seconds	3 times a day — first set before you stand up
2 · Calf stretch, straight and bent knee	3 holds of 30–45 seconds	Both knee positions, daily
3 · Starter heel raises	2 sets of 10	If standing raises hurt
4 · Towel heel raise	3 × 12 slow → 5 × 8 with weight	Every other day. The one that treats it
5 · Tape, splint or cold	As needed	Pick one, for your worst symptom

TWO NUMBERS, EVERY MORNING

First-step pain, 0 to 10, and **how many minutes** before your heel loosens. The two-week trend tells you more than any single day. Write them in the tracker below.

THE TWO CHEAPEST WINS

House shoes by the bed, so your first step lands on support, not tile. And **a shoe that doesn't fold in the middle**.

Your 14 days — thirty seconds each morning

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
FIRST-STEP PAIN, 0–10														
MINUTES TO LOOSEN														
MOVES DONE ✓														

Pain: 0 = none, 10 = the worst you can imagine. Look at the trend, not one morning. No better by day 14? Book a visit. The full plan and spare trackers are free at heelguide.com/heel-pain-playbook.



Heel pain in Michigan?

Balance Foot & Ankle · Howell and Bloomfield Township · Mon–Thu 9:00–4:30, Fri 9:00–2:30
Online booking is open 24/7; call for the soonest opening.

[Book online](#) or call [\(810\) 206-1402](tel:8102061402) · More guides at heelguide.com