

A FOOT SURGEON'S 14-DAY PLAN FOR PLANTAR FASCIITIS AND HEEL PAIN

The Heel Pain Playbook

The fill-in pages from the book: the 14-day tracker, the 12-week log, the visit planner and a page for notes. Print as many copies as you need.

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FILL IT IN ON SCREEN OR PRINT IT

Your 14-day tracker

Two numbers and a few ticks — thirty seconds a day, not a tax return. The patients who actually fill this in are the ones who get better, and I have never fully decided whether that is the tracking or the personality.

Start date

Day 0 first-step pain (0–10)

Activity I want back

One change this week

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
First-step pain 0–10														
Fascia stretch ×3	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Calf stretch	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Heel raises	.	.	.	☐	.	☐	.	☐	.	☐	.	☐	.	☐
Shoes from first step	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Walking minutes														
Next morning B / S / W														

B / S / W = better, same or worse than the morning before. Pain: 0 = none, 10 = worst you can imagine. Heel raises start on day 4, every other day.

Day 14 review

- ☐ **Better:** keep going and build the heel raises.
- ☐ **Same:** normal. Tissue that took months to get angry rarely forgives you in fourteen days. Keep going — and book a visit to confirm the diagnosis.
- ☐ **Worse:** book a visit now.

Notes for my visit

How to read it

Look at the trend, not one day. First-step pain drifting down, even slowly, means it is working. One bad morning after an unusually busy day happens — treat it as a signal and drop back a stage next session.

Stop and reassess before day 14 if first-step pain is higher three mornings running, any day hits 8 or more, you record “worse” three times in a week, or any sign in the full book appears. Rising pain is not part of the plan.
Type in this PDF and save it, or print this page.
Your entries stay on your device.

Day 14 and not better? Bring this tracker to us.

My team and I see heel pain in **Howell** and **Bloomfield Township**. [Book online](#) any time, or call **(810) 206-1402**.



FILL IT IN ON SCREEN OR PRINT IT

Your 12-week log

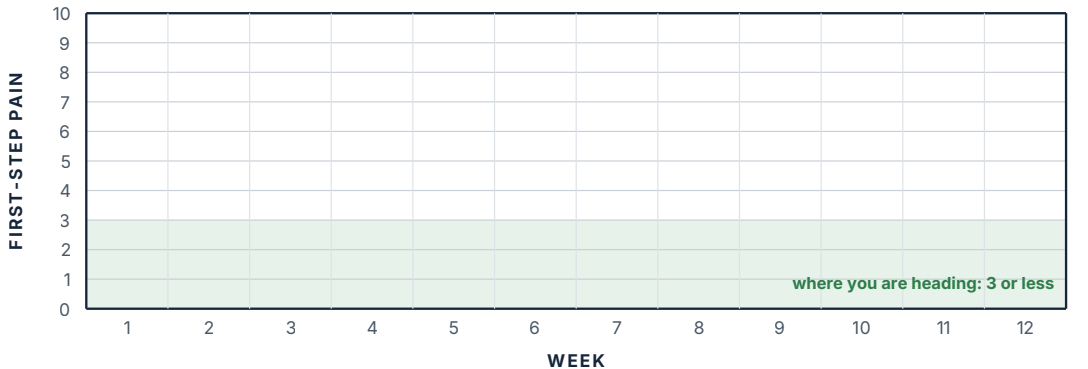
One line a week, same day each week. Heel pain improves too slowly to feel from the inside, and far too slowly to feel on a bad morning. Written down, the trend is obvious.

Week	Average first-step pain, 0-10	Heel raises: sets x reps, weight	Longest walk or shift	Bad mornings	What changed
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Bad mornings: first steps clearly worse than the week before. More than two in a week means last week’s load was too big — drop back a stage (in the full book).

Draw your line

A dot for each week’s average first-step pain, then join the dots. You are looking for a slope, not a straight line down. Zigzags are normal.



Bring this page to any visit. Twelve lines of your own data beat twelve weeks of trying to remember.

FILL IT IN, THEN BRING IT

Make your visit count

Bring this page, your tracker, the shoes and insoles you actually wear, and photos of your medicine and supplement labels. Bring the shoes. Everybody forgets the shoes.

What I want to get back to

Where it hurts (pain map, the full book)

When it started, and what changed

What makes it worse or better

WHAT I'VE TRIED

- ☐ Stretches
- ☐ Taping
- ☐ Heel raises
- ☐ Pain relievers
- ☐ New shoes
- ☐ Injections
- ☐ Insoles
- ☐ Shockwave or laser
- ☐ Night splint
- ☐ Physical therapy

I'M BRINGING

- ☐ My 14-day tracker
- ☐ Medicine list
- ☐ My everyday shoes
- ☐ Supplement labels
- ☐ My insoles
- ☐ X-ray or MRI reports

BEFORE YOU AGREE TO TREATMENT ASK THIS

Exercise or protection	What can I keep doing, and what should change?
Insoles or devices	Which symptom should improve, and by when?
Injection or procedure	What does it add, what are the risks, and what's the full cost?

LEAVE WITH

My diagnosis

Keep doing

Change for now

Next review date

Call sooner if

Tip: ask your podiatrist to watch you do your exercises, then explain the plan back in your own words.

Ready to book? It takes about a minute.

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Notes for my next visit