



MEDISPEC

Orthospec Discharge Orders for Patients

1. You may experience some pain or discomfort in the Orthospec treated area after the block effects have subsided. You may also experience some pain for the next 1 to 2 weeks. Some patients experience little or no pain for the first 1 to 3 weeks, then pain may return to the pre-treatment level, which improves as the tissue heals. Pain is manageable by over the counter pain medications (non anti-inflammatories).
2. For four weeks following Orthospec treatment, do not treat the affected area with heat or ice, and do not take anti-inflammatories (Motrin, Advil, ect.) unless advised differently by your physician.
3. Do not participate in any stressful activity involving the affected area for 4 weeks. "Stressful activity" may include running or jogging, doing heavy housework or yard work, or participating in exercise or sports.. Following this 4-week period, you should slowly resume your normal activity level, as tolerated.

Heel patients should avoid completely flat shoes such as sandals, loafers, moccasins, or house slippers. If you have orthotics, continue to use them.

Simple gentle stretching exercises must be performed several times per day prior to any exercise or sports activity.

Heel Pain Patients: Continue with calf stretch, plantar stretch, and Achilles stretch.

Stretching for 30 seconds each, several times a day is recommended. If you experience any pain with these stretches, they should be done non weight bearing (not standing). Massage the affected foot prior to rising after rest

Calf Stretch: stand back approximately 1 foot facing a wall. Extend one leg behind you. Keep both feet flat on the floor, toes pointed straight ahead, with your extended knee straight and your front knee bent. Move your hips forward, keeping your lower back flat. Lean into the wall until you feel tension in the calf muscle of the extended leg. Hold for 10 seconds, and then stretch the other leg. Relax and repeat at least 3 times.

Plantar stretch: Stand back 2 or 3 steps facing the wall. Bend on leg, forward and lean slightly against the wall. Keep the back foot flat against the floor and parallel to your hips. Raise the back heel off the floor. Shift your weight to the ball of your foot, and press down. Hold for 5 seconds, relax, and repeat at least 3 times.

Achilles tendon stretch: Stand with one leg in front of you, slightly bent knee, and the other leg extended back. Lower your hips downward and slightly bend the knee of the extended leg just until you feel a slight tension in the back of your ankle. Hold for 5 seconds and stretch the other leg. Repeat at least 3 times.

It is important to remember that reduction in pain is the result of increased blood flow from the formation of new blood vessels in the foot. This process takes time so you will likely not begin to experience a reduction in pain for 8 to 12 weeks. This is normal, so don't get discouraged if relief doesn't occur sooner.

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