

Advanced Ankle and Foot

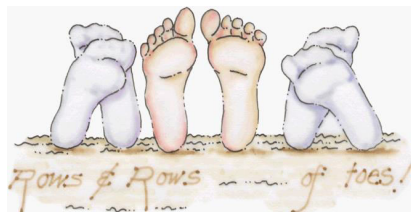
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Board Certified, American Board of Podiatric Surgery

Dear patient:

Here are 5 steps you should follow:

1. Absolutely no barefoot walking.
2. Ice massage to indicated area for 10 to 15 minutes minimum, twice daily.
3. Take the anti-inflammatory medication as instructed by the doctor.
4. Wear your orthotics or temps at all times. The only exception is when you are gradually getting used to new temps or orthotics. Then wear the orthotics until your feet become uncomfortable, and start wearing them again the next day. Please be aware that temps/orthotics may not fit in all your shoe gear. Try to wear them in a wide deep shoe. Purchasing larger shoes may be necessary.
5. Do gentle stretching in the morning before getting up.



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Estimado paciente:

Porfavor de seguir estos 5 pasos:

1. Absolutamente no caminar descalzo(a).
2. Masaje el area indicada con hielo por 10 a 15 minutos dos veces al dia.
3. Tome la medicina anti-inflamatoria recetada por el doctor.
4. Use las plantillas siempre (Tenga en mente, que las plantillas no cabran en todo tipo de zapatos.
Use zapator un poco anchos).
5. Estirese apaciblemente en la manana antes de levantarse.

*Recuerde que esto es solo por un corto period de tiempo o hasta que se mejore. Porfavor sienta la libertad de hacer preguntas.

