



# United Shockwave Therapies

---

## POST EXTRACORPOREAL SHOCKWAVE THERAPY INSTRUCTIONS AND GUIDELINES

### DISCHARGE ORDERS:

- You may experience some pain or discomfort in the heel that has been treated; you may also continue to have the same type of heel pain as you have had before treatment for 1-2 weeks. You should avoid taking anti-inflammatory medications (NSAIDS) such as Advil (Ibuprofen) or Aleve (Naproxen). Pain is manageable by over-the-counter (OTC) pain medication, such as Tylenol, in most cases; however your doctor may prescribe pain medication(s) for you if needed. Please take these medications according to your doctor's instructions.
- Do not participate in any stressful activity involving the affected heel until your next visit to your doctor at 4 weeks post treatment. "Stressful activity" may include running or jogging, doing heavy housework or yard work, or participating in sports. If you have questions about whether your routine job duties include "stressful activity, please discuss with your doctor.
- Please call your doctor's office to schedule the necessary follow-up visit within 4 weeks.
- Do not ice the affected heel.

### REHABILITATION:

- Your doctor, or someone working with your doctor, will provide you with instructions about the exercises that you should perform once you are allowed to resume normal activities.

### EXERCISE PROGRAM:

- Your physician or a physical therapist will give you instructions for stretching exercises that should be performed at least once every day, and before any sports activity, or before walking long distances.

### TO AVOID REINJURY:

- Use an orthotic (shoe insert) as instructed by your physician.
- Avoid completely flat shoes, such as moccasins, slippers, boat deck shoes, thongs, sandals, bare feet, etc.

**IF you have problems or questions relating to your recovery, call your physician or go to the nearest Emergency Room.**



# United Shockwave Therapies

---

## POST PROCEDURE STRETCHING EXERCISES

### 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, keep your lower back flat.
- Lean into the wall until you feel tension in the calf muscle of the extended leg.
- Hold for ten seconds, and then stretch the other leg. Relax and repeat at least two more times.

### PLANTAR STRETCH

- Stand back two or three steps facing the wall.
- Bend one 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 the foot, and PRESS down. Hold for 5 seconds, and repeat at least 2 more times.

### ACHILLES TENDON STRETCH

- Stand with one leg in front of you, slightly bent, and the other leg extended back.
  - Lower your hips downward and slightly bend knee of the extended leg just until you feel slight tension at the back of your ankle.
  - Hold the stretch 10 seconds, and then stretch the other leg. Repeat at least two more times.
-