



Breakthrough Podiatry

A revolution in foot care

Foot / Leg Pain Follow Up Instructions

If Dr. Williams taped your feet today, expect the tape to stay on your feet 1-3 days. It will last longer if you can keep it dry when you bathe or shower. What Dr. Williams really wants to know is if the tape helped to eliminate or decrease the any of your pain while it was on, and just as importantly, how much of your pain returned after the tape came off, and how quickly. Let him know when you see him in a week.

If Dr. Williams manipulated your leg and ankle, this was to attempt to increase the range of motion in your ankle joint, decrease your foot/ankle/leg pain, or to help relieve symptoms in a painful tendon. The results from this procedure will last only a short time, and may have to be repeated later.

Dr. Williams may have instructed you to perform exercises to help stretch your Achilles tendon, please do these as he instructed you.

Dr. Williams may have given you cross-legged strengthening exercises for your Peroneal tendons as well. Please do this multiple times per day as instructed as well.

If you have been taking an anti-inflammatory medication such as Motrin, or Naprosyn, then please continue to take it if you were instructed to do so by another physician.

Please consider bringing some of your work and play shoes into the office at the next visit so Dr. Williams can assess them for motion control. Often poor functioning shoes will make foot and leg pain worse. Consider replacing your shoe at least twice a year. If our office staff failed to give you a shoe handout suggestion list, please remind us and we will provide that to you.

Dr. Williams, or his staff, should have provided you with a handout for you to call your insurance to see if custom foot orthotics are covered under your plan. These custom devices will help to relieve your foot / leg pain and work much like custom eye glasses or contact lenses. In other words, they will help you if you wear them as much as possible.



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