

PodiatryCare, P.C. *and the* Heel Pain Center

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EPAT[®]

(Shockwave)

Discharge Instruction

1. You may experience some pain or discomfort in the treated area after the anesthesia effects have subsided. You may also continue to experience the same type of pain you had prior to treatment for 1 to 2 weeks. Pain is manageable by over-the-counter pain medications (non anti-inflammatory).
2. **For four weeks following EPAT[®] treatment, avoid anti-inflammatories (Motrin, Advil, etc).**
3. Heel stretching exercises should be performed several times daily, and before any exercise or sports activity.

Heel Stretches: calf stretch, plantar stretch, and Achilles tendon stretch. Massage the affected foot prior to rising after rest. Stretching for 30 seconds several times daily is recommended.

Based on the findings during shockwave trials, the maximum healing effect of the procedure cannot be evaluated prior to 8 weeks for the heel post treatment. The healing effect is also dependent upon individual patient response, and improvement may continue beyond the 8 week evaluation period.