



Heel Pain Wellness Center of America
MID-OHIO FOOT AND ANKLE SPECIALISTS

PATIENT PREPARATION GUIDE

Chronic Heel Pain: A Practical Guide to Your Next Appointment

Use this guide to organize your symptoms, understand our Orthotripsy pathway and bring focused questions to your consultation.

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Start with the details only you can provide

Heel pain can have more than one cause. A useful first visit begins with a clear description of when the pain started, where it is located, what makes it worse and which treatments have already been tried.

01 Mark the location

1

Note whether the discomfort sits under the heel, around the back of the heel, through the arch or in more than one area.

02 Describe the timing

2

Record whether the first steps after rest are difficult, whether the pain builds with activity or whether it is present even when you are not standing.

03 List what you have tried

3

Bring a concise list of rest, stretching, inserts or orthotics, physical therapy, medications and injections, including how long any relief lasted.

04 Bring relevant records

4

If available, bring prior imaging, procedure notes and a current medication list. This can help keep the evaluation focused.

Seek prompt care for a recent injury, sudden swelling, an inability to bear weight or another rapidly changing symptom. This guide is not a diagnostic tool.

How we approach Orthotripsy

We use high-intensity focused acoustic waves for selected cases of chronic heel pain and plantar fasciitis. We distinguish this approach from the lower-energy devices commonly used in physical therapy.

01 Evaluate the source

1

The visit begins with a consultation, physical assessment and imaging selected for the suspected type and degree of tissue damage.

02 Discuss candidacy

2

The procedure is not appropriate for every heel-pain pattern. Diagnosis, treatment history and the location of tissue damage guide the conversation.

03 Plan the procedure

3

When clinically appropriate, we may perform the consultation, assessment and procedure in one appointment. Local anesthesia is used.

04 Plan the return to activity

4

Our patients are walking in their shoes the same day, followed by an initial period of reduced strenuous activity and a gradual return as healing progresses.

Orthotripsy is not covered by standard insurance plans. Confirm the current fee, payment terms, expected aftercare and alternatives directly with us before scheduling.

Leave the appointment with a clear next step

Use these prompts to keep the consultation centered on your diagnosis, options and recovery expectations.

01	What diagnosis best explains my heel pain, and what findings support it?
02	Which treatments have I already tried long enough to judge their effect?
03	Why might Orthotripsy be appropriate - or not appropriate - for my case?
04	What should I expect during the appointment and immediately afterward?
05	What activity restrictions apply, and how will progress be evaluated?
06	What are the current cost, payment options and alternatives?

READY TO
TALK?

Request a consultation at midohiofootandankle.com/contact-us
or call (740) 879-3939.

This guide is for appointment preparation and general education. It does not replace an examination, diagnosis or individualized medical advice. Treatment recommendations, recovery and results vary by patient.