

DEAR PATIENTS:

PLEASE NOTE:

Dr. Bakhru has ordered some special tests and the following instructions are very important. Please ignore the directions on the hemocult pad regarding the SENSEA.

THREE DAYS PRIOR TO HEMOCCULT TESTING –

- NO RED MEATS
- NO VITAMIN C, (ORANGES, ETC.)
- NO TURNIPS, HORSERADISH, RADISHES, SPICES,
CALIFLOWER, BROCCOLI, CANTALOUPE OR OTHER MELONS
- NO ASPIRIN, ANTIBIOTICS OR PAIN TABLETS
- NO FRUITS, CEREALS

**THANK YOU
DR. BAKHRU**

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THANK YOU

Stretches for Plantar Fasciitis

Important things to
remember...

Stretching is an important
part of the treatment for
plantar fasciitis and must
be done dailey at least
until you have been
asymptomatic for 3 months.

If you have any questions
regarding what is listed
here, call your therapist.



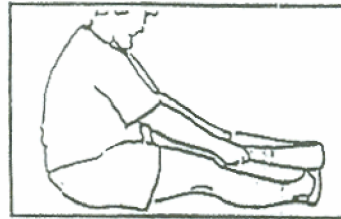
Soleus towel stretch

Place a towel around the ball of the foot, with the knee bent. Pull the towel toward you until a stretch is felt in the calf.

Hold 30 seconds.

Repeat 6 times.

Do 2-3 times per day.



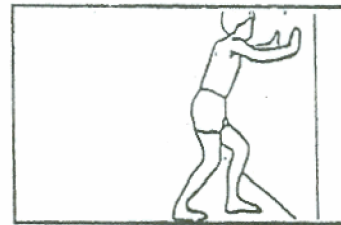
Gastrocnemius towel stretch

Place a towel around the ball of your foot, with the knee straight. Pull the towel toward you until a stretch is felt in the calf.

Hold 30 seconds.

Repeat 6 times.

Do 2-3 times per day.



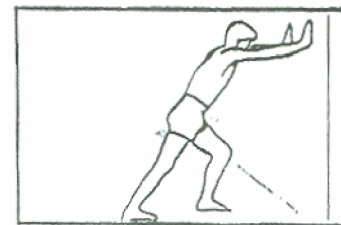
Standing soleus stretch

Keep heel on floor and turned slightly outward, bend the knee until a stretch is felt in the calf.

Hold 30 seconds.

Repeat 6 times.

Do 2-3 times per day.



Standing gastrocnemius stretch

Keep heel on floor and turned slightly outward, keep knee straight and lean into wall until stretch is felt in calf.

Hold 30 seconds.

Repeat 6 times.

Do 2-3 times per day.



Plantar fascia stretch

Rest ankle on opposite knee. Grasp the toes and pull them gently backward, until a stretch is felt in the arch of the foot.

Hold for 30 seconds.

Repeat 6 times.

Do 2-3 times per day.