Managing Your Heel Pain is an interactive online tool for one of the most common foot complaints. This program will help you understand what causes your heel pain, what can be done to ease the pain and how to keep it from returning.

To access this program:
1. Go to kp.org/mydoctor.
2. Type in your doctor’s name and access your doctor’s homepage.
3. Go to “Quick Links” on the right, or
5. In the “Search My Tools” line, type ‘heel’
7. Click on “Managing Your Heel Pain”

To view the program, enter your name, birthday and medical record number.