

Managing Your Heel Pain



Developed by the physicians at The Permanente Medical Group

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
4. Under "**Resources for My Patients**," click "**Health Tools and Classes**"
5. In the "Search My Tools" line, type 'heel'
6. Under "**Tools**," look for "**Managing Your Heel Pain**"
7. Click on "**Managing Your Heel Pain**"

The screenshot shows a navigation menu with "Resources for my patients", "About Me", and "Offices and Directions". Below this is a sub-menu with "Diseases and Conditions", "Office Visit", and "Health Tools and Classes". A red arrow points to "Health Tools and Classes". Below the menu is a search bar with "Search My Tools" and the text "heel" entered. There are "Clear" and "See all Health Tools »" buttons. Below the search bar is a section titled "Health Tools and Classes" with a dropdown arrow. Underneath is a header "Understanding and Living with Your Condition". Below that is a table with two columns: "TOPIC" and "TOOLS". The table has one row with "Foot Care" in the "TOPIC" column and "Managing Your Heel Pain" in the "TOOLS" column. There are small icons next to the tool name.

TOPIC	TOOLS
Foot Care	Managing Your Heel Pain

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