CONNECTICUT DISC AND LASER THERAPY CENTERS

First-Step Heel Pain Symptom Log

Record what you notice during activities you already do.

Your first steps

Date and which foot

Location: under the heel, toward the arch, behind the heel, or elsewhere

What you felt during the first few steps

How it changed during your morning

What you wore on your feet

Another moment that day

Activity and time, such as getting up after lunch or standing at work

How long you had been sitting or standing beforehand

Where you felt it and what changed during or after the activity

Any task you changed or skipped

What to bring to your visit

Any recent change in footwear, walking distance, or time spent standing

One question you want to ask at your appointment

Keep your completed worksheet private and bring it to your appointment.

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