



SOFTWARE RECOVERY SERIES

Plantar Fasciitis Recovery Playbook

Your 6-Marker Action Plan

THIS PLAYBOOK BELONGS TO START DATE

Inside: the one reason foot pain keeps coming back —
and the six things that turn it around.



START HERE

How to use *this playbook.*

This is a **workbook**, not a **pamphlet**. SoftWave does the deep repair in our office; these pages are the part you own between visits. Read a little, write a little, and bring it with you — the notes you make here become the plan we build together.

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|--------------------------|--|
| 1 · Read the story | Understand why your foot keeps hurting, and how SoftWave changes it. |
| 2 · Work the six markers | Each has simple actions and space to plan your week. |
| 3 · Track your progress | Log your numbers at each visit on the tracker (page 13). |
| 4 · Bring it to visits | We review it together and adjust at your visit-5 and visit-10 checkpoints. |

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THE REAL REASON

Why your foot pain *keeps coming back.*

The morning steps you dread. The walks you cut short. The shoes you gave up. When a foot quits, life quietly shrinks — and most people are told to just live with it, ice it, or wait for a replacement.

Here is what almost no one explains: foot pain from wear, tendon strain, or early arthritis is not only a *pain* problem — it is a **healing** problem. Blood flow into the joint drops, the tissue can no longer keep up with repair, and the area gets stuck in a low-grade inflammatory loop that feeds on itself.

That is why the usual tools disappoint. **Pain relievers and cortisone quiet the alarm** — they turn down the signal — but they do nothing to restart the repair underneath. So relief fades, the loop returns, and it feels like the only door left is surgery.

It is not. If you could **restart blood flow and switch the joint's own repair cells back on**, you would not need to mask the pain — the reason for it would begin to change. That is exactly what the next page is about.

THE MECHANISM

How SoftWave *restarts your healing.*

SoftWave is a patented **broad-focused shockwave**. Unlike devices that stab energy into one painful point, it spreads healing energy across a wide, deep zone — up to **6 inches deep and 3 inches wide** — reaching the tissue all around your foot. That physical energy triggers **mechanotransduction**: your body grows new blood vessels, wakes dormant repair cells, and calms inflammation. Real biology, drug-free.

FDA 510(k)

Cleared technology

Mayo · Cleveland

& pro sports medicine

6 inches

Depth of reach

Visit 1

Many feel a shift

Healing is a process, not a switch. Here is the researched timeline your body follows:

Weeks 0–1

Priming — the repair response is switched on.

Weeks 2–4

Molecular acceleration — cell activity ramps up.

Weeks 5–8

New blood vessels form; early remodeling begins.

Weeks 9–12

Regeneration — tissue rebuilds and gains hold.

YOU'RE IN GOOD COMPANY

Real neighbors, *real relief.*

The first steps each morning used to be brutal. Now I get out of bed and just walk — no bracing for it.

— Rosa M., 47 · Elkhorn · Foot pain

What the road often looks like: many patients feel a first shift after the very first session — but the real story is what happens underneath over the following weeks.

Visit 1

A first shift in comfort or motion is common.

Weeks 2–4

Blood flow and repair ramp up beneath the surface.

Weeks 5–12

Tissue remodels; gains hold and compound.

Nothing is promised, and we measure the whole way. Individual results vary; the above reflects real-world experience and general education, not a guarantee.

YOUR HALF OF THE PLAN

Your six markers, *explained.*

SoftWave restarts the healing deep in the tissue. These six markers are how you help it along at home — and how we measure your progress every visit against day one. They work together: better sleep speeds tissue repair, better motion protects the joint, the right nutrition fuels it all, and mindset keeps you consistent.



Pain — where it is, how strong, how often it stops you.



Motion — range of movement and the motions you have been avoiding.



Sleep — whether pain decides your nights, or you do.



Activity — what you can do again, and how to build it safely.



Diet & Nutrition — the fuel — and supplements — that speed healing.



Mindset — confidence in your body: the marker that predicts the rest.

At visit 5 and visit 10, we place your six numbers next to where you started and decide together what is next — keep going, space out, or adjust. Bring your tracker (page 13).

Pain

Read the fingerprint

Foot pain is not random — it has a fingerprint, and learning to read it is step one. Where it sits tells us a lot:

Bottom of the heel	Classic plantar fasciitis — sharpest with the first steps in the morning.
Along the arch	The fascia itself — a pulling ache after standing or walking.
Inner heel edge	Where the fascia anchors — tender to press right on the spot.
Heel pad / all over	A bruised, deep feeling — worse on hard floors.

Your day-one self-check: point to the exact spot, note *when* it fires, and rate it **0–10**. Those three things are your baseline — watching them change is how you will *know* it is working.

Tell us right away if the foot goes numb, gives way, or the heel is hot and swollen — those need a closer look first.

THIS WEEK I'LL FOCUS ON

- ☐ Note the exact spot & the 0–10 score today
- ☐ Note when it fires most (first steps, after standing, evening)

MY NOTES & PLAN

Motion

Rebuild your range

A healthy foot **flexes** and **pushes off** without a catch. When the arch and heel stiffen, the first steps of the day and long standing feel wrong — and stiffness feeds more stiffness. Start with these, slow and pain-free only:

Calf stretch	Hands on a wall, one leg back and heel down, lean in until the calf stretches. Hold 30 sec. 10 reps · 2×/day.
Towel toe stretch	Sit with legs out, loop a towel over the toes, and gently pull the foot toward you. Hold 30 sec. 10 reps · 2×/day.
Arch roll	Roll the arch over a frozen water bottle or ball for a few minutes. 10 reps · daily.
Toe curls	Scrunch a towel toward you with your toes, then release. 10 reps. 10 reps.

Range should feel like a gentle stretch, never a sharp pinch. If it sharpens, back off — forcing range sets you back.

THIS WEEK I'LL FOCUS ON

- ☐ Do the four moves most days
- ☐ Add 2–3 reps if last week felt easy

MY NOTES & PLAN

Sleep

Heal while you rest

Your foot does most of its repair while you sleep — deep sleep is when your body releases the growth signals that rebuild tissue. Pain that steals your sleep quietly steals your healing, so two things matter: **position** and **sleep quality**.

Night splints: a splint that holds the foot gently flexed stops the fascia re-tightening overnight.

Loose bedding: keep covers loose so the toes are not pointed down all night, which shortens the fascia.

Keep the room cool and dark, hold a consistent bedtime, and cut screens and heavy meals in the last hour.

If tension or restlessness keeps you up, magnesium (see Nutrition, page 11) helps you wind down without morning grogginess.

THIS WEEK I'LL FOCUS ON

- ☐ Set my pillow position tonight
- ☐ Consistent bedtime + cool, dark room

MY NOTES & PLAN

Activity

Move the right way

Motion is medicine — the *right* motion. The goal is to load the foot enough to stimulate healing without flaring it. Use this simple traffic-light guide while you rebuild:

Green light

- Pool walking & cycling
- Gentle calf & arch stretches
- Supportive shoes on hard floors
- The mobility moves on page 8

Ease off for now

- Barefoot on hard floors
- Running & jumping
- Long days fully on your feet
- Old, flat, worn-out shoes

The 24-hour rule: activity should not increase pain *during*, or leave you more sore than a couple of hours *after*. Build up ~10% a week.

THIS WEEK I'LL FOCUS ON

- ☐ Pick one green-light activity, 3× this week
- ☐ Increase time/distance only if pain-free

MY NOTES & PLAN

Diet & Nutrition

Feed the repair

You can eat in a way that calms a joint or one that keeps it inflamed — your tissue rebuilds from the raw materials you give it. Lean toward color, healthy fats, and protein.

Eat more

Berries & leafy greens
Fatty fish (salmon, sardines)
Olive oil, nuts, seeds
Protein each meal & water

Eat less

Added & hidden sugar
Fried & fast food
Ultra-processed snacks
Excess alcohol

PROFESSIONAL-GRADE SUPPORT WE CARRY — ORTHO MOLECULAR

Traumeric — turmeric & bromelain; supports joint comfort and a healthy inflammatory response.

Orthomega 820 — omega-3; supports a healthy inflammatory balance.

Collagen (FORTIGEL®) — supports healthy cartilage and connective tissue.

Reacted Magnesium & Vitamin D — support recovery, sleep, and bone strength.

Ask us for the protocol matched to your foot. These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

MY NOTES & PLAN

Mindset

Trust the plan

This is the marker that predicts all the others. It is not fluff — it is outcomes. Patients who believe their body can heal show up, do the work, and recover faster. Belief drives consistency, and consistency drives results.

Set one goal that pulls you. Make it specific and yours: *walk the dog pain-free first thing, get back on the trails, stand through a shift without dreading it.* Write it below and keep it where you will see it.

Expect a non-linear road. A great week, then a flat one, then a jump. That rhythm is normal — not failure, and not a reason to quit. The trend over weeks is what matters, and we measure it with you.

A mind that trusts the plan is half the outcome. Write your one goal below:

MY NOTES & PLAN

BRING THIS TO YOUR VISITS

My progress *tracker.*

Numbers make progress real. Fill a row at each visit — even small changes add up, and this is exactly what we review together at your visit-5 and visit-10 checkpoints. Rate pain 0–10 (lower is better); rate motion and sleep 1–5 (higher is better).

Date	Visit #	Pain 0–10	Motion 1–5	Sleep 1–5	Notes

MY ONE GOAL

THE ROAD FORWARD

Every foot plan *follows the same map.*

You never buy visits blind. The ReJuv Roadmap is three phases with honest checkpoints, so you always know where you are and what is next.

Recover

Visits 1–3 · map it, start treatment, set your baseline.

Restore

Visits 4–7 · rebuild motion, function, confidence.

Rejuvenate

Visits 8–12 · lock in gains, protect progress.

Checkpoints at visit 5 and visit 10: we compare your six markers to day one and decide together — keep going, space out, or adjust. Honest answers, no upsell, ever.

Start with one \$47 first visit.

30 minutes. A real SoftWave treatment and your starting point marked on the map. No pressure — if it is not right for you, we will tell you.

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