

HEAL PAIN?

Does anyone out there have heel pain, that doesn't go away & hurts even when you lay down? Does it hurt a lot when you try to walk & put weight on it? Does it still hurt when you sleep? Is it a burning pain? Is there sometimes numbness in your toes? I can't get help or advice from the medical staff here at my prison. Can anybody out there give me advice on what might be wrong with my heel & what can I do about it? I'll deeply appreciate any help from anybody out there. Thank you very much.

Also my prison only gives me 1 soap & 1 roll of toilet paper each week & nothing else. Anything else like toiletrees/cosmetics I have to buy myself. I don't have any money. If you can help me out, I will also very much appreciate it. You can send money by www.JPAY.COM - It's pretty easy. Also if you can send me books or stamps - I'll deeply appreciate it. Thank you very much for any help you can give me. HAPPY JULY 4TH! - Matthew ☺