

TARTAN ORTHOPEDICS, LTD.

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TARTAN PLANTAR FACIITIS SUPPORT

This device can become an integral part of your diagnosis and treatment of Plantar Faciitis. Continuous pressure at the precise location can reduce pain and inflammation associated with plantar fasciitis. The Tartan Plantar Fasciitis Support uses elastic compression to relieve pain and promote muscle development.

Use of this Tartan Plantar Fasciitis Support and a conscientious regime of exercise and cyrotherapy will solve this problem. Unlike expensive shoe orthotics, this support provides continuous elastic support to relieve the pain and inflammation of Plantar Faciitis without interfering with daily function or exercises. It is recommended that it also be used, loosened a little for comfort, as a night splint. This will make those first few steps in the morning pain free. The unique split in the front closure allows for a perfect fit around the ankle and the heavy duty elastic strap is strong enough to restrict pronation. One of the real advantages of this splint is that the benefits are recognized immediately. Most patients find relief in no more that 30 minutes. This can be very helpful in diagnosis.

The support is very good and will bring immediate relief, but for lasting results the patient must follow a conscientious regime of exercises (provided with each splint) and cryotherapy.

It is very cost effective and because of the universal design it is available immediately for "off the shelf" easy fitting.

Effective, quick and easy, high patient compliance and inexpensive.

SIZING	Shoe Size	
	Men	Women
Small	0-8	0-8.5
Large	8.5+	9+

Specify left or right foot.

Catalogue # 34003-LT	SMALL	LEFT
Catalogue # 34003-RT	SMALL	RIGHT
Catalogue # 34004-LT	LARGE	LEFT
Catalogue # 34004-RT	LARGE	RIGHT



ONLY \$ 19.95

Made in USA.

Caution: Not recommended for those with Diabetes or poor circulation.

This device is contraindicated for patients with severe circulatory impairment or other medical conditions where the elastic band could further reduce circulation or cause problems related to excess elastic pressure. Also, avoid if allergic to latex.

TARTAN PLANTAR FACIITIS SUPPORT APPLICATION



Wrap the nonelastic part of the splint around the ankle as low as is comfortable. Center the cutout over the Achilles tendon. Wrap the long side around and over the front, hold this end secure. Bring the short (velcro hook side) around to the front to overlap and fasten in the front over the long side. Fasten snug as this will become the foundation for the elastic strap. (Figure 1)

Figure 1



Figure 2

The elastic strap should be positioned at the proximal portion of the arch just in front of the heel. (Figure 2) Apply desired pressure by pulling both ends of the strap up and back (15 to 20 degrees) (Figure 3) and attaching the ends to the ankle wrap (Figure 4). This will reduce the swelling from the inflammation provoked by the Plantar

Faciitis. The relief will be immediate, in most cases it will take no longer than 30 minutes. This immediate effect will be very helpful with your diagnosis.

Focused compression can reduce pain and inflammation associated with Plantar Fasciitis. Wear over sock during the day with enough pressure to bring relief, yet not interfere with circulation and at reduced tension at night for comfort. Nighttime wear appears to be very helpful during the early stages of healing, for the first month or so.



Figure 3



Figure 4



Caution: Not recommended for those with diabetes or poor circulation. Also, avoid if allergic to latex.

PLANTAR FACIITIS EXERCISES

Plantar fasciitis is an overuse injury caused by inflammation of the plantar fascia, a thick fibrous band that connects the heel bone to the base of the toes. Symptoms of plantar fasciitis include heel pain that is initially worse in the morning. Stretching the plantar fascia can help decrease the symptoms of plantar fasciitis. Each exercise you see below is meant to be done early in the day. The Tartan Plantar Faciitis Support should be worn over your socks during exercises and normal daily activity. Exercise without your shoes. The exercises are intended to stretch the muscles do not make the stretches painful.

BELT STRETCH:

Take a wide belt or towel and hold one end in each hand. Place the center of the belt over the ball of the foot. With your knee straight, pull your belt back toward you until a stretch is felt across the bottom of your foot. Pull back and hold for ten seconds. Relax and repeat for five to ten minutes.

INCLINE BOARD STRETCH:

Take a book or a board (about 2" thick) and place it on the floor about two feet out from the wall. Place the ball of your foot on the book. Place your hands on the wall (chest high) keep your knee straight, lean into the wall keeping your hips and legs in a straight line. Lean in and hold for five seconds. Then do ten to twenty heel raises. Relax and repeat the exercise for a total of ten minutes. Do this with the knee slightly flexed for the same amount of time.

MASSAGE:

Use a cold pop can or a golf ball and place it in the center of the arch. Sitting with your knee bent to ninety degrees, begin to gently roll your foot over the can. Increase the pressure until you just begin to feel slight discomfort in the affected area. Maintain that pressure and continue to roll for five to ten minutes.

PLANTAR FACIITIS STRETCH:

While seated cross the injured foot over your other leg, grasp the base of the toes, and gently pull the toes back towards the shin until a stretch in the arch is felt. The stretch should be held for ten seconds and repeated 10 times. Do three times a day.

ACHILLES STRETCH:

Stand facing a wall and place your hands straight out on the wall. Step back with your affected foot keeping it flat on the floor. Move the other leg forward and slowly lean in toward the wall. Stop when you feel a stretch through the calf. Hold for 30 seconds then relax and repeat 10 times

TOE STRETCH:

Support yourself by holding onto a countertop and raise up on your toes to a tip toe position, hold for ten seconds. Then relax to a flat footed stance. Then lean back on your heels and raise your toes for ten seconds. Relax and repeat 10 times.

This is an excellent support providing continuous relief so that you can strengthen the muscles with exercise and cold treatments to bring about a lasting solution. I emphasis the support is intended to be used temporarily so that lasting results can be found through strengthening muscles by exercise and cryotherapy. Don't try to overdue, consistent daily exercise is most important. The application of ice after exercise is very important. Put ice in an ice bag and add enough water to push out the air pocket. Remove socks and the Tartan Plantar Faciitis Support. Place one layer of thin toweling between the ice bag and the arch of the foot. Remain relaxed during the 20 minutes of cold therapy. Use ice treatment for no more than 20 minutes every hour.

These exercises are offered as suggestions for your doctors convenience. Always follow your doctors orders.