



DON'T BE SIDELINED BY PLANTAR FASCIITIS

WHAT IS PLANTAR FASCIITIS?

Plantar Fasciitis is a painful condition affecting the tissue connecting the heel bone to the toes. The heel pain makes walking difficult, and often persists for several months.

WHY THERMAWEDGE?

ThermaWedge® combines the recommendations made by health professionals to promote healing and reduce the burning pain and limited mobility brought on by Plantar Fasciitis.

The patented ThermaWedge® device is lightweight, portable and easy to use, while standing or sitting, at home and discreetly in the workplace.

Daily use of the ThermaWedge® stretching device and supportive footwear help to prevent the onset of Plantar Fasciitis and Achilles tendon injuries.

WHAT DO THE EXPERTS SAY?

"ThermaWedge® is a practical and complete tool in treating foot disorders such as Plantar Fasciitis. It is easy to use and provides safe and effective treatment."

Travis Wolsey, BHK, BSC, PT, FCAMPT, Diploma Sport Physio, CGIMS, CSCS

"The ThermaWedge® is a great therapeutic device that is portable and only takes a few minutes a day to use. I highly recommend this product for anyone with plantar fasciitis or lower leg stiffness."

Dr. Sean Graham B.Sc, Doctor of Chiropractic, FRCSS

"This product incorporates the ingenuity of five modalities in one. It even allows the patient to apply several different treatments at the same time, saving time and improving efficiency. ThermaWedge® makes sense."

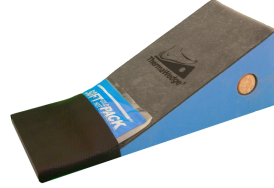
Albert J. Mollica, Doctor of Podiatric Medicine

"I think ThermaWedge® is an excellent product, a compact and practical solution to incorporate into a plantar fasciopathy management plan. I have used it as part of a foot maintenance program with our UBC Varsity Program."

Scott Fraser, Head Therapist and Coordinator Trainer Services UBC Athletics

Cooling / Warming Heel Pad

- Freeze the gel pack and insert prior to using, to relieve heel pain and inflammation
- Warm the gel pack as directed to increase blood circulation prior to exercise



Every Day Calf Stretch

- Step onto the ThermaWedge® device
- Straighten the knee, and hold for 30 seconds
- Bend the knee, and hold for 30 seconds
- Increase the calf stretch angle by moving the opposite leg forward
- Switch feet and repeat



Toe Dorsiflexion

- Position the cork roller under the toes
- Hold for 30 seconds
- Perform with a straight leg, then bend at the knee as comfort allows
- Switch feet and repeat



Cross Friction Massage

- Sit comfortably, to reach the sole of your foot
- Pull the toes back
- Hold the roller firmly at one end, and press that rounded end into the sole of the foot
- Move the end of the roller slowly from side to side across the foot for 30 seconds



Rolling Plantar Fascia Stretch

- Place the natural cork roller on a flat surface
- Roll the foot forward and back over the roller, applying as much pressure as is comfortable
- Perform for 30 seconds and switch feet



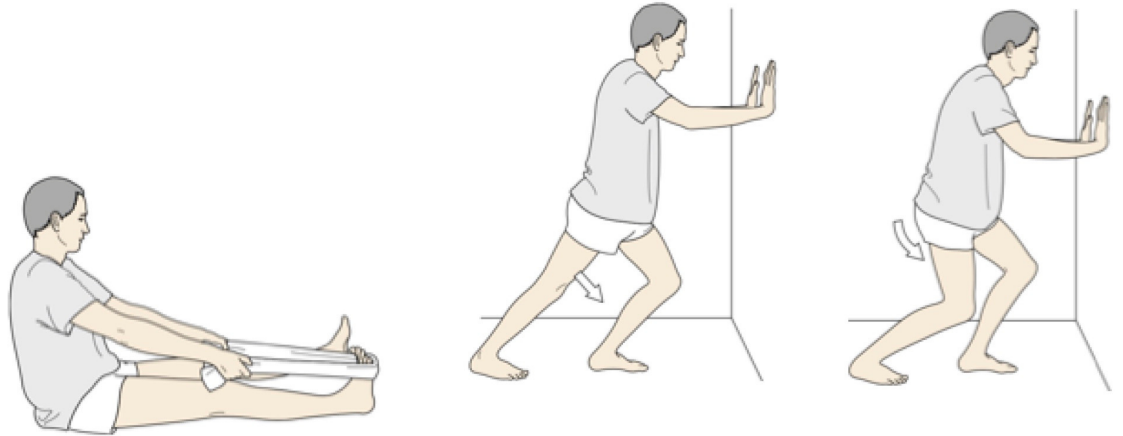
High Load Plantar Fascia Stretch

- Step onto the wedge with the ball of the foot on the padded base and the toes bending upwards on the ramp
- Do a slow heel rise (3 seconds), hold for 2 seconds, and return down (3 seconds)
- Repeat 12 times per foot, every second day

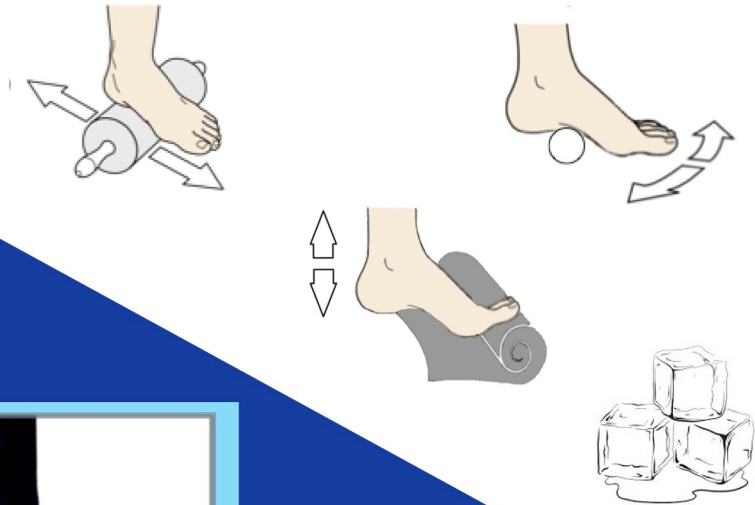


HEEL PAIN?

GOOD



BETTER!



CALF STRETCH
(SOLEUS & GASTRONEMUS)



COOLING / HEATING
GEL PACK



TOE DORSIFLEXION



PLANTAR FASCIA
ROLLING STRETCH



CROSS FRICTION
MASSAGE



HIGH LOAD PLANTAR
FASCIA STRETCH



THE FIVE IN ONE
SOLUTION

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WWW.THERMAWEDGE.COM