The "Foot Pain Relief System" is recommended for the treatment of Plantar Fasciitis, Heel Pain, Arch Pain, Heel Spurs and Achilles Tendonitis.

The Foot Pain Relief System includes the following:

**DAYTIME:**
The Apex Heel Cup features a heel cushion designed by a doctor to reduce tension at the Achilles tendon and relieve heel pain. The unique heel cup and Apex Gel absorb shock forces while protecting and cushioning the rearfoot. The heel cups are recommended for all footwear including dress and casual.

**NIGHTTIME:**
The Foot Pain Night Splint is designed to comfortably stretch the plantar fascia and achilles tendon during sleep. This gentle stretch helps reduce the muscle contracture, inflammation and pain associated with the first step in the morning or after periods of rest. A Removable Stretching Wedge is provided if additional dorsiflexion (stretch) is needed. Place the wedge under your toes before fastening the last strap. It is recommended that you wear the night splint every night until the pain has subsided. According to clinical trials the average treatment time is 3-4 months.

**RECOMMENDATIONS:**
Icing: It is recommended that ice be applied to the heel for 15 minutes after exercising and at night.

**Achilles Tendonitis** is a difficult injury to treat in athletes due to their high level of activity and reluctance to stop or slow down their training.

Individuals who suffer from *achilles tendonitis* often complain that their first steps out of bed in the morning are extremely painful. Another common complaint is pain after steps are taken after long periods of sitting. This pain often lessens with activity.

There are several factors that can cause achilles tendonitis. The most common cause is *over-pronation*. *Over-pronation* occurs in the walking process, when the arch collapses upon weight bearing, adding stress on the achilles tendon.

Other factors that lead to *achilles tendonitis* are:

- improper shoe selection
- inadequate stretching prior to engaging in athletics
- a short achilles tendon
- direct trauma (injury) to the tendon
- heel bone deformity

Athletes, particularly runners, should incorporate a thorough stretching program to properly warm-up the muscles. They should decrease the distance of their walk or run, apply ice after the activity and avoid any uphill climbs. Athletes should use shoe inserts, orthotics, heel cups, or heel cradles for extra support. They should also wear the Foot Pain Night Splint to stretch the plantar fascia and achilles tendon while sleeping.
With **Plantar Fasciitis**, the bottom of your foot usually hurts near the inside of the foot where the heel and arch meet. The pain is often acute either first thing in the morning or after a long rest, because while resting, the plantar fascia contracts back to its original shape. As the day progresses and the plantar fascia continues to be stretched, the pain often subsides.

Every time your foot strikes the ground, the plantar fascia is stretched. You can reduce the strain and stress on the plantar fascia by following these simple instructions: Avoid running on hard or uneven ground, lose any excess weight, wear shoes and inserts that support your arch and raise the heel to prevent over-stretching of the plantar fascia, and wear the Foot Pain Night Splint to stretch the plantar fascia and achilles tendon while sleeping.

**Achilles Tendonitis** causes inflammation and degeneration of the achilles tendon. The achilles tendon is the large tendon located in the back of the leg that inserts into the heel. The pain caused by achilles tendonitis can develop gradually without a history of trauma. The pain can be a shooting pain, burning pain, or even an extremely piercing pain.

**Achilles tendonitis** should not be left untreated due to the danger that the tendon can become weak and rupture.

**CAUSE**

**Achilles Tendonitis** is aggravated by activities that repeatedly stress the tendon, causing inflammation. In some cases even prolonged periods of standing can cause symptoms. It is a common problem often experienced by athletes, particularly distance runners.

### Directions for the Apex Foot Pain Night Splint

1. Unfasten all 3 straps of the splint and lay open on a flat surface.

2. Flex the foot with toes pointing upward and place the foot into the splint. Your heel should rest firmly against the back portion of the brace for proper stretching of the plantar fascia (the fibrous band of tissues that runs along the bottom of the foot).

3. Bend your knee slightly and fasten the ankle strap. This strap should be fastened at an angle around the top of the ankle area.

4. Fasten the calf strap.

5. Fasten the last strap over the toe area. For additional stretching of the plantar fascia, place the toe wedge underneath the toes.

6. The splint can be worn at night for 6-8 hours. This splint is only to be used when the foot is at rest and not weight bearing.

**If pain persists, consult your physician.**
The Apex Foot Pain Night Splint can be used to treat the following conditions:

- **Plantar Fasciitis**
- **Plantarflexion Contractures**
- **Achilles Tendonitis**
- **Heel Spurs**
- **Muscle Tightening**
- **Cramps**
- **Pronation Syndromes**
- **Equinous Conditions**
- **Arch Pain**
- **Heel Pain**

**MEN’S/WOMEN’S**
One Size Fits All

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**Care Instructions**

The soft cover may be removed and cleaned with mild soap and water. Do not dry clean or place in dryer. Hang to dry.

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**Plantar Fasciitis, Heel Pain, Arch Pain, Heel Spurs and Achilles Tendonitis**

**Plantar Fasciitis** is an inflammation caused by excessive stretching of the plantar fascia. The plantar fascia is a broad band of fibrous tissue which runs along the bottom surface of the foot, attaching at the bottom of the heel bone and extending to the forefoot. When the plantar fascia is excessively stretched, this can cause plantar fasciitis, which can also lead to **heel pain**, **arch pain**, and **heel spurs**.

**Cause**

**Plantar Fasciitis** often leads to **heel pain**, **heel spurs**, and/or **arch pain**. The excessive stretching of the plantar fascia that leads to the inflammation and discomfort can be caused by the following:

- **Over-pronation** (flat feet) which results in the arch collapsing upon weight bearing
- A foot with an unusually high arch
- A sudden increase in physical activity
- Excessive weight on the foot, usually attributed to obesity or pregnancy
- Improper fitting footwear
- Warmer weather, increasing your foot size, making shoes too small

**Over-pronation** (flat feet) is the leading cause of **plantar fasciitis**. Over-pronation occurs in the walking process, when a person's arch collapses upon weight bearing, causing the plantar fascia to be stretched away from the heel bone.