



Nighttime Relief for Plantar Fasciitis!

Instructions for use of the
Thermoskin Plantar FXT ULTRA™



Step 1
Insert your foot and secure the closure strap around your ankle.



Step 2
Place the foam wedge under the ball of your foot. You may adjust the placement of the foam wedge

according to your preference and comfort level. The strap may also be adjusted to adhere to different areas of the foam wedge based on your preference.

Step 3

Cross the straps and secure to place your foot at an approximate 90 degree angle. The straps may be adjusted to your comfort level.



Step 4

Crossing the straps provides the most secure fit. You may also pull the straps straight back as shown if desired.



SIZING GUIDE AND MODEL NUMBER

Model Number 8*124	XS	S	M	L	XL	XXL
Plantar FXT ULTRA Men's	3-5	5 1/2-7	7 1/2-10	10 1/2-12	12 1/2-14	14 1/2+
Sized by Shoe Size Women's	4-6	6 1/2-9	9 1/2-11	11 1/2-13	13 1/2-15	15 1/2+

Your Thermoskin should be a comfortable fit. Not too tight, not too loose. If in doubt try next larger size. Use of the correct size is essential for effective results. Before buying, check size and measurement instructions.

When ordering put in code number for size required in place of asterisk.
Size code numbers are: 2 for XS, 3 for S, 4 for M, 5 for L, 6 for XL, 7 for XXL.

Information on Plantar Fasciitis

Heel pain is usually caused by Plantar Fasciitis: an inflammation of the fibrous tissue (plantar fascia) along the bottom of your foot that connects your heel bone (calcaneus) to your toes.

The plantar fascia acts like a shock absorbing bowstring, supporting the arch in your foot. However, if tension on that bowstring becomes too great, minute tears can occur along with inflammation. The result is a stabbing or burning pain that usually worsens in the morning because the plantar fascia

contracts overnight. Once the foot limbers up, the pain generally decreases, but may return after long periods of standing or after getting up from a seated position. In some cases, the foot may hurt with the slightest pressure, which makes walking difficult.

Plantar Fasciitis generally gets better with the help of simple treatments for the pain and inflammation. It can take a year or more for the condition to clear completely, but 90% of the people with Plantar Fasciitis improve after two months of treatment.