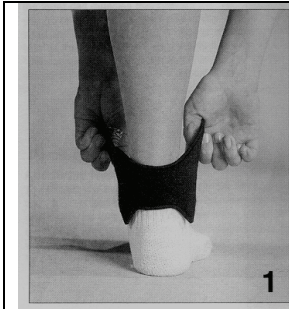
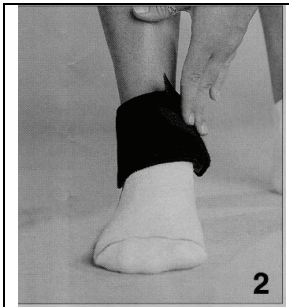


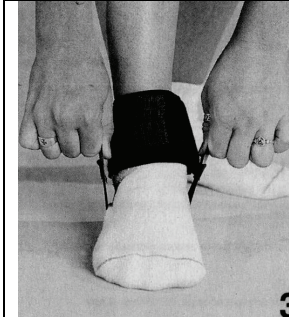
PLANTAR FACIITIS SUPPORT
#1491
APPLICATION INSTRUCTIONS



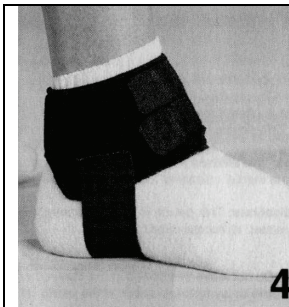
Center the cutaway notch over the Achilles tendon with upper edge above the ankle at the smallest point of the leg.



Support opens to front inside for easier application. Wrap the long end around the front and under the short end. Hold tension, and press the two hook closures to fasten.



Detach the elastic band from the wrap. Open the two hook closures of the wrap.



Elastic band should be applied to provide pressure just forward of the Heel at the back of the arch. Tension from the elastic should be up and slightly back. Wrap the elastic band under the back edge of the arch and pull up and back with both ends then press the hook ends to fasten.