



### Application Instructions

1. Center the cutaway notch of the foam wrap over the Achilles tendon with the upper edge of the wrap above the ankle at the smallest point of the leg. (Figure A)

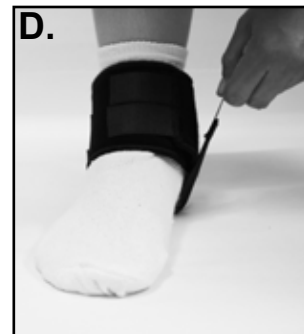
**Note:** The Bledsoe PFS™ Plantar Fasciitis Support opens on the front inner side for easier application. The cutaway notch of the wrap provides clearance for the Achilles tendon.

2. Wrap the long end of the foam piece around the front of the ankle, using the short end of the foam to overlap. Press the two Velcro™ hook closures to fasten. If necessary, the long end may be trimmed with scissors. Tension the wrap comfortably snug around the ankle. (Figure B)

3. Remove the singular elastic band from the foam wrap in preparation for application.

4. Wrap the elastic band under the back edge of the arch and pull up and back with both ends then press the hook ends onto the foam wrap to fasten. (Figure C). The elastic band should be applied to provide pressure just forward of the heel at the back of the arch. The tension from the elastic should be up and slightly back (about 15 degrees from vertical).

5. To adjust for pronation, detach the elastic band from the medial side, pull to desired tension and secure against the foam material. (Figure D)



### Daytime Wear

The elastic band should be tensioned as much as comfortably possible during daytime wear. The device should be worn during any walking. Barefoot walking is good, but do not walk without the device. Perform the exercises included in the exercise guide with bare or sock feet while wearing the device in a full tension daytime mode. The use of ice several times a day to help reduce swelling is also very helpful. See the exercise program for more details.

### Nighttime Wear

During the first month or so the device should also be worn at night. However, the tension of the elastic band must be reduced to prevent discomfort during sleep. If the wrap is applied too tightly it must also be reduced in tension at night. Nighttime wear during the early stages of healing appears important in helping to relieve the condition.

### General Information

A reduction in pain level should be noticed almost immediately (10 – 30 minutes) from the tension and compression provided by the device. However, it usually requires two to three months (or more in moderate to severe cases) for the condition to completely heal. Failure to exercise, use ice, and use a supportive shoe on a daily basis when standing may prolong the healing process or even allow a relapse. It is extremely important that you follow your doctor's instructions exactly for the length of time necessary for healing to take place. Walking without adequate support from the device or standing for long periods without a supportive shoe may irritate the healing tissues enough for the process to start all over again. Be persistent and patient.

## Exercise Program - Heel & Toe Raise Exercises

1. Start with feet flat and stand holding onto a support structure, such as a door frame or post, for balance.

2. Press the feet down to stand up on the balls of the feet in a tip-toe position then push the ankle and heels outward to strengthen the inner calf muscles that prevent the feet from over-pronating (Figure A). As you go up and kick out the heels count "one thousand and one...one thousand and two...down"

3. Go back to a standing position (Figure B).

4. Lift the front of the foot up as far as possible standing on the heels (Figure C) and count "one thousand and one...one thousand and two... down".

5. Return to the standing position (Figure D). Repeat this exercise 10 times.

### Additional Notes:

To increase the level of exercise for more athletic individuals, you can walk forward and then backwards a few steps on the extended toes, and then walk forward and backward a few steps on the heels. To add even more resistance you can carry hand weights, barbells, or ankle weights. Again, do not increase too much too fast, but rather be consistent and exercise every day.



## Exercise Program - Calf Muscle Stretches

### Method 1

**Method 1.** Use a 2x4 or 2x6 block of wood about 2 feet long and stand with the balls of the feet just on the edge of the block so the heels may drop lower. You may also stand on the edge of a step with just the balls of your feet on the edge of the step and your heels and arch area extended outward. Hold onto a rail, doorway, or post for balance. With the knees locked in an extended straight position allow the heels to slowly drop down as much as possible until a stretching of the calf muscles is felt. Count "a thousand and one... a thousand and two... a thousand and three" then return back up to a straight position. Repeat this 10 times. Do not make the stretches painful. The calf muscles should feel very tight but not painful.



### Method 2

**Method 2.** Stand leaning very far forward with the hands against a support structure such as a door frame or post and allow the legs and feet to strike the ground at some distance away from the support structure to stretch the calf muscles. With the knees locked straight slowly let the heels sink lower until a stretching is felt in the calf muscles. It should not be painful. If no stretching is felt, increase the lean angle with the feet further away from the support structure until stretching is felt. Count "a thousand and one... a thousand and two... a thousand and three", then return back up to a straight position. Repeat this 10 times. If desired, each foot can be done separately, but this will take twice as long to do.



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days. This device is not intended to prevent injuries or reduce or eliminate the risk of reinjury.

**Indications:** The Bledsoe PFS™ Plantar Fasciitis Support is indicated to help relieve the pain from inflammation caused by mild to moderate plantar fasciitis by applying pressure and tension over the medial calcaneal tubercle and the plantar fascia.

**Contraindications:** 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.

**Caution:** Activity modification and proper rehabilitation are an essential part of a safe treatment program. If any additional pain or other symptoms occur while using this device, discontinue use and seek medical attention.

**Caution:** This device is not intended to prevent injury, or reduce or eliminate the risk of re-injury.

**Caution:** This device has been developed for the indications listed above. Do not leave this device in a car on a hot day, or in any other place where the temperature may exceed 150°F (65°C.) for any extended period of time. To avoid the risk of accident and possible injury to the patient, discontinue use if such an incident has occurred.

**Warranty:** This device is warranted to be free from defects in materials and workmanship for a period of 90 days. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect. This device is expressly subject to Bledsoe's Product Line Limited Warranty. Copies of this limited warranty can be obtained from your medical professional, via the Internet at [www.bledsoebrace.com](http://www.bledsoebrace.com) or by calling (800) 527-3666.

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