

# Documentation

In an open retrospective study in the treatment of plantar fasciitis, the effects of an additional treatment, to the standard regime, was investigated. In the study 71 patients were dedicated to use a gastrocnemius soleus stretching regime and 89 patients used a prefabricated night splint.

The study showed that the night splint group had significant shorter recovery time, fewer re-visits until recovery and less other interventions compared to the stretching group.

*Recovery time night splint – average 18.5 days*  
*Recovery time Stretching – 58.6 days*

# ELEMENTS

In the ELEMENTS range there is also other soft textile orthotic devices for ankle, back, elbow, knee, thumb, wrist and epycondylitis.

ELEMENTS is a product range designed to meet problems that ordinary people might encounter in their daily life.

The material in the ELEMENTS range is carefully selected and tested to work during the day and night for periods without generating to much heat.

*For more information  
 visit [allardint.com](http://allardint.com)*

<sup>2</sup>Barry L.D. et al, The Journal of Foot & Ankle Surgery, 41 (4):221-227, 2002

# ELEMENTS

## Stretch-Up Sock



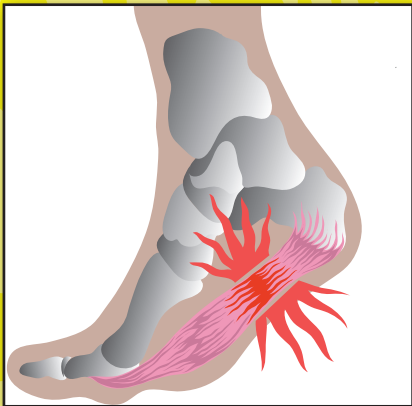
A soft sock used during the night for the treatment of plantar fasciitis

## What is Plantar fasciitis?

Plantar fasciitis is the most common cause of pain on the bottom of the heel.

Plantar fasciitis is commonly thought of as being caused by a heel spur. On X-ray heel spurs are seen in people with and without plantar fasciitis and it is not the cause of pain in plantar fasciitis.

Plantar fasciitis is an inflammation of the plantar fascia ligament which connects the heel to the front of the foot. Repeated strain can cause tiny tears in the ligament and can lead to pain and swelling. This can be very painful and make walking more difficult. The pain is typically worse in the morning when taking the first steps.



Illustratör: Filipa Edghill

## ELEMENTS Stretch-Up How it works?

ELEMENTS Stretch-Up is aimed to stretch the plantar fascia, in an active and controlled way, so it heals in a stretched position at night. The orthosis holds the forefoot and ankle joints in a slight upward flexion and thereby preventing the plantar fascia from retracting and healing in a contracted position. In the morning the plantar fascia is at its maximum stretch which reduces or eliminates the sharp pain that often occurs during the first steps.

Treatment with ELEMENTS Stretch Up is a complementary therapy. It is important to contact your treating orthotist /physical therapist or physician when it comes to for example choice of shoes and insoles.

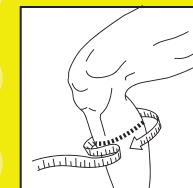
## Advantages with ELEMENTS Stretch-Up

- Stretches the plantar fascia in an active and controlled way at night
- Prevents the plantar fascia from healing in a contracted position during the night
- Reduces the pain that is usually experienced during the first steps in the morning
- Soft and safe to use when applied correctly
- Does not lock the ankle joint
- Easy to use
- Practical when travelling

Start the treatment gradually. Do not pull the strap that holds the toes in an upward position too hard. Overstretching of the toes can result in discomfort.

NOTE: Before starting the treatment with ELEMENTS Stretch-Up it is important to first read the user instructions for the product.

Item no.	Size	Measurements around the calf
34108	Small	<20 cm
34108	Medium	20 - 40 cm
34108	Large	>40 cm



NOTE: ELEMENTS Stretch-Up is not recommended for people with any kind of swelling or circulation problem in the foot and leg.