ELEMENTS Stretch Up

ELEMENTS Stretch Up is used when sitting and at night to stretch the foot and help to relieve Plantar Fasciitis. This simple sock is designed to keep tension on the tissue (plantar fascia) to help it heal in a stretched position at night or at rest. Because of this many users find less morning pain in the heel area.

Recommended Range Of Application

Using the evening / night in the treatment of "Plantar Fasciitis".

Contraindications

Circulatory problems, open sores on the legs or feet, diabetes, edema, hammertoes, skin problems, and / or during pregnancy. The sock should not be used by anyone who had recent surgery of the foot and / or leg.

Measurements

Calf circumference

Item No.	Size	Measurement	L/R	Color
341080011	Small	< 20 cm	Bilateral	Black
341080012	Medium	20 - 40 cm	Bilateral	Black
341080013	Large	> 40 cm	Bilateral	Black