

Bledsoe Plantar Fasciitis Support

Application Instructions CP020200 Rev D 03/07



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Bledsoe Plantar Fasciitis Support

Application Instructions

The Bledsoe PFS™ Plantar Fasciitis Support is available in small and large left and right versions. It is acceptable to switch right for left, but the opening will then be on the front outer side of the wrap (which is slightly less convenient for removal). The small size will fit most ladies and younger patients. The large size fits most men and larger patients. The body of the device is firm yet breathable for enhanced comfort. The inner surface of the support features a wicking fabric to help remove perspiration. The device will be more comfortable when worn over socks. It should be worn in a well-fitted shoe with a good arch support, but all exercises are done in bare or sock feet. Most standard shoes and sport shoes do not have a sufficient arch support, or they may be too stiff to achieve good foot flexibility. This device is designed for use along with an exercise program designed to strengthen the muscles of the foot and arch as well as to increase foot flexibility and stretch the Achilles tendon. In some moderate to severe cases a special orthopedic boot or shoe with a custom fitted arch support may also be necessary or your physician may also prescribe a night splint to increase the probability that proper healing will occur. Use of this device without the exercise program may prolong the healing process. Listen to your doctor's instructions carefully and follow them closely if you desire to get well.

The Bledsoe PFS™ Plantar Fasciitis Support is intended to last for three to four months depending upon the number of times that the hook fasteners are opened and closed. Once the loop pile surface is worn sufficiently to prevent the hook fasteners from engaging and holding the tension of the elastic band, the device has reached its useful life and another one should be obtained.



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

2. Wrap the long end around the front of the ankle to the opposite side. Hold tension, and allow the short end to overlap the long end then press the two hook closures to fasten. If necessary, the long end may be trimmed with scissors. Tension the wrap comfortably snug around the ankle.

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.

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General Information

The Bledsoe PFS™ Plantar Fasciitis Support adds compression to help force out the swelling. This is one of the major causes of the pain. Judicious use of ice is also extremely helpful in relieving the swelling and the pain. You should use an ice bag on the arch area several times a day both before and after exercise as well as before or after walking or working and standing for some time. A quick ice bag can be made from a ZIP-LOK plastic bag with ice covered with a thin towel so it doesn't get too cold. Another alternative is to place the foot on a cold soda can or frozen juice can. After the first week, increase the number of repetitions to 12 for the second week, 14 for the third week, and so forth until you reach a maximum of 20 repetitions per day during the sixth week. It is not necessary to do more than 20 repetitions per day. If more exercise is needed increase the timing of the exercise or use the walking on toes and heels routine along with added weights if necessary. Continue the exercises and use of the device for at least 4 weeks after the pain has completely subsided. This will help to insure that the condition has healed. Continued exercise is beneficial in helping to prevent a relapse. It is the strength of the muscles of the foot and leg that will prevent a recurrence. Failure to exercise along with the PFS will not be beneficial in the long run.

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.

WARNING: Do not leave this device in the trunk of 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. If any additional pain or symptoms occur while using this device, discontinue use and seek medical attention.

Warranty: This device is warranted to be free from defects in materials and workmanship for a period of 60 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 or by calling (800) 527-3666.

Bledsoe Plantar Fasciitis Support

Exercise Program

For use with The Bledsoe PFS™ Plantar Fasciitis Support

Heel & Toe Raise Exercises

This exercise will help strengthen the muscles of the foot and calf.



Exercise 1.

Stand holding onto a support structure such as a door frame or post for balance. 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. As you go up and kick out the heels count "a thousand and one...a thousand and two...down" and go back to a standing position. Then lift the front of the foot up as far as possible standing on the heels and count "a thousand and one...a thousand and two... down" and return to the standing position. 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.

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

4. 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). 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 wrap to fasten.

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. 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!

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Exercise Program

For use with The Bledsoe PFS™ Plantar Fasciitis Support

The following exercise routine is designed to strengthen the foot and arch, strengthen the inner calf muscles to help prevent the foot from over-pronating(falling to the inside), increase foot flexibility, and to stretch the Achilles tendon. These should be performed daily in bare or sock feet. Do not double up or do too many repetitions.It is not necessary. If you have not been exercising start slowly. Consistent daily exercise over time is more important than doing a lot of repetitions occasionally. Walking barefoot is also beneficial to increase foot flexibility as long as it is done for at least 15 continuous minutes and is performed along with the exercises and not as a substitute for the exercises. These exercises should be done while wearing your Bledsoe PFS™ Plantar Fasciitis Support with the elastic tension set to the

Calf Muscle Stretches

This exercise will help stretch the back calf muscles and Achilles tendons. It may be done in one of two ways:

All exercises must be done while supporting the body. (against a wall or similar support).

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.

Bledsoe Plantar Fasciitis Support Exercise Program

For use with The Bledsoe PFS™ Plantar Fasciitis Support

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.