

NICE STRETCH® WHAT IS YOUR PLANTAR FASCIITIS IQ?

Nice Stretch helps to alleviate plantar fasciitis and heel pain with six products, including the innovative Nice Stretch Plantar Fasciitis Sleeve, all designed with patient comfort in mind. Three are patented and one is commended by the Arthritis Foundation for ease of use. Fixed-angle, adjustable, with or without cold therapy, universal or sized, day or night, Nice Stretch has the right splint to fit all of your needs.

DID YOU KNOW



Plantar fasciitis is common among a broad range of occupations including athletes, soldiers, factory workers, construction workers and teachers are just some examples of the people we help every day. Here are a few more examples:



flight attendant



healthcare worker



stylist



teacher



construction worker



retail worker



restaurant worker

PLANTAR FASCIITIS

is one of the most common causes of heel pain. It involves inflammation of a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes (plantar fascia).



www.mayoclinic.org

NICE STRETCH



WAS THE FIRST NIGHT SPLINT ON THE MARKET WITH BUILT-IN COLD THERAPY.



NICE STRETCH® X-Lite has received the Ease of Use Commendation from the Arthritis Foundation.

TIPS TO PREVENT PF



Always warm up well and stretch before participating in sports.

Wear good, supportive shoes for your athletic activity.

Keep the muscles of your feet and ankles strong to support your arch.

See your physician if pain persists.

www.sportsmed.org

FROM THE

AAOS THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS®



Because your fascia tightens up overnight, your doctor may prescribe a night splint to help ease morning heel pain. This splint stretches the Achilles tendon, the plantar fascia, or both while you sleep.



www.brownmed.com



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