

## Advantages with STRETCH-UP

- Comfortable alternative to rigid night splints.
- Provides comfortable stretch to the calf and soft tissues of the foot
- 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
- Soft, lightweight and breathable material
- Reduces the pain that is usually experienced during the first steps in the morning
- Safe to use when applied correctly
- Does not lock the ankle joint
- Easy to use
- Practical when traveling

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

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

*See back page for sizing information.*

## Sizing Guide



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

| Item no.   | Size   | Calf Measurement           |
|------------|--------|----------------------------|
| 34108-0011 | Small  | Less Than 7 3/4 inches     |
| 34108-0012 | Medium | 7 3/4 - 15 3/4 inches      |
| 34108-0013 | Large  | Greater than 15 3/4 inches |

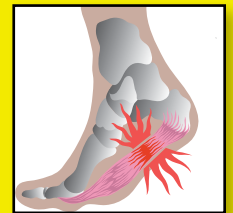
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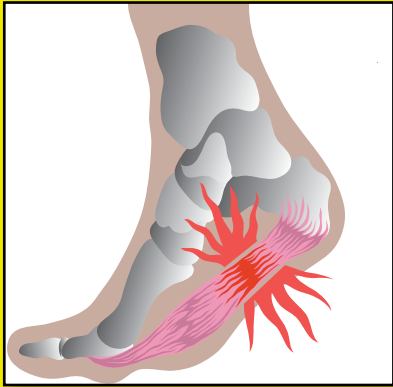
# Vission™ STRETCH-UP



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

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## What is Plantar fasciitis?



Illustratör: Filippa Edghill

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.

## STRETCH-UP How it works?

VISSION Stretch-Up is aimed to stretch the plantar fascia, in an active and controlled way, so it heals in a stretched position at night. When properly applied, the sock will hold the forefoot and ankle joints in a slight upward position, 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 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.



## 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 (soft sock with pull strap for nighttime stretching).

The study showed that the night splint group had recovery and less other interventions compared to the stretching group.

**Recovery time night splint**  
average 18.5 days

**Recovery time Stretching**  
average 58.6 days

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

### Indications/Intended Use

This product is intended for treatment of Plantar Fasciitis. The sock should be used during night or at rest at any other time. This support is only intended for one person use.

### Contraindications

Circulation problems, open wounds on lower leg or foot, diabetes, skin problems, or during pregnancy. Severe edema, severe swelling. Should not be used directly after any kind of surgery in leg or foot.