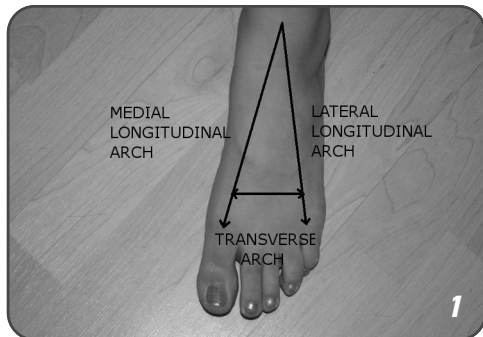
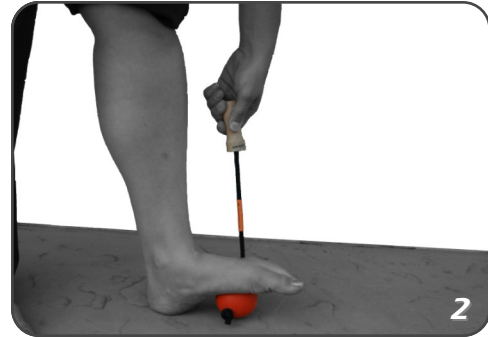


THE PLANTAR FASCITIS PRESS

Featuring "The Ball"



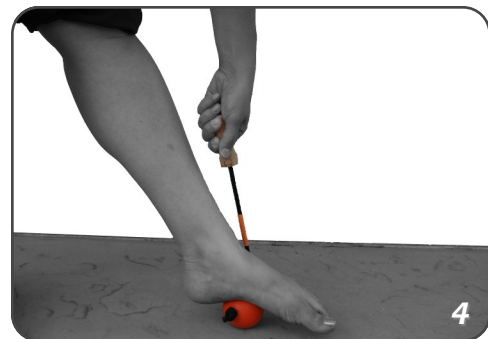
1. LOCATE— There are three arches that support the foot. Place Ball underneath one of these arches.



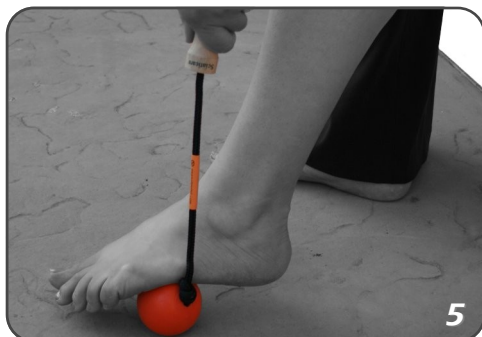
2. POSITION— Apply slight tension to cord by pulling up on handle. This helps to secure Ball underneath the foot.



3. PRESS—When you come upon a tender spot, pause over the point. Apply pressure and slowly pull back your toes (dorsiflex). This will provide a greater stretch to the target area under the foot. Hold for 20-30 seconds.



4. ROLL—Continue rolling the length of the arch while pressing the foot into the Ball. Do so until areas of tension have released.



5. REPEAT—Continue to next arch in sequence. Make sure that you work all 3 arches. Don't forget the other foot!

BENEFITS

- ⊕ Reduce plantar fasciitis pain
- ⊕ Increase blood flow to feet
- ⊕ Stimulate nerve endings
- ⊕ Massage and stretch intrinsic foot muscles
- ⊕ Prevent heel spurs from forming
- ⊕ Reduce inflammation in foot
- ⊕ Reduce edema and water retention
- ⊕ Soothe aching, tired feet

THE SCIATICARE BALL - GET IT. USE IT. FIX IT.
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