



## What is Plantar Fasciitis?

Plantar Fasciitis is a common condition affecting millions of people each year. The plantar fascia is a thick, fibrous material covering the sole of the foot that helps to balance the complex movements of the foot and ankle. It provides static support and acts as a bowstring to support the medial longitudinal arch of the foot. When the plantar fascia is stressed it becomes inflamed and develops painful microscopic tears at the heel which result in heel spur syndrome.

Some factors contributing to this condition are occupations requiring a great deal of walking or standing, a sudden increase in activity level,

or a weight gain of as little as 5 lbs. Poor foot biomechanics such as flat feet, high arches, rigid feet or even family history may also contribute to the development of this condition. Traditional treatments to relieve plantar fasciitis have included: rest, medication (including steroid injections and/or anti-inflammatory drugs), physical therapy, orthotics and in rare circumstances surgery. With thousands of satisfied users since the introduction of this patented and FDA approved device in 1995, the **Strassburg Sock** has proven to be safe, effective and affordable supplemental treatment for heel pain.

## How the Strassburg Sock works

While sleeping or in a prone position, the Strassburg Sock holds the plantar fascia in a stretched position to maintain the positive effects of other daily treatments. The Strassburg Sock is designed to hold the ankle and forefoot joints in a position of slight dorsiflexion thereby preventing plantarflexion. When worn at night or during extended periods of rest, the Strassburg Sock engages the windlass mechanism to maintain the plantar fascia at its maximum length. Then in the morning as you take your first few steps the plantar fascia is already stretched thereby reducing those first painful steps. The involuntary stretching of the plantar fascia, over a longer period of time, can help to strengthen the arch of the foot, thereby reducing potential re-occurrences.

## Research Study

An independent research study conducted by Dr. Lance D. Barry published in the Journal of Foot and Ankle Surgery July/August 2002 found some significant results. The study consisted of 160 patients of which 89 used the **Strassburg Sock** and 71 used standing stretching exercises. Patients using the **Strassburg Sock** had a mean recovery time of 18.5 days with 97.8% recovering within eight weeks. In

addition none of the patients using the **Strassburg Sock** were unable to tolerate wearing it as prescribed.

## What is the Strassburg Sock?

The **Strassburg Sock** consists of a tubular knit material with two adjustable straps which extends from the toes to the upper calf. The upper strap is secured around the leg just below the knee and helps to keep the sock in position. The other strap which is attached to the toe of the sock is passed up through the "D" ring from bottom to top and then secured to itself. This strap maintains the foot in the desired position. The user can easily adjust the strap so as not to cause discomfort to the foot.

## Advantages of the Strassburg Sock

1. Easy to use.
2. Does not lock the ankle joint.
3. It can be comfortably worn to bed without interrupting sleep.
4. It is a low cost supplement to traditionally prescribed treatment.
5. Significantly reduces morning pain.
6. Over time it can strengthen the user's foot.

### Available in two sizes:

Regular: fits calf up to 16" around

Large: fits calf from 16"-21"

## How can I get a Strassburg Sock?

**www.thesock.com**

to order online or to locate a retailer near you.

Or

**Call 1.800.452.0631**