

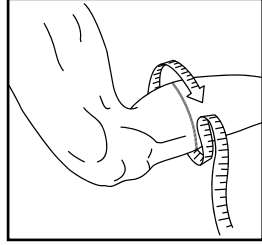
# Vission™ STRETCH-UP

## HOW IT WORKS

Stretch-Up is designed to stretch the plantar fascia, in an active and controlled way, so it heals in a stretched position at night. The sock holds the forefoot and ankle joints in a slight upward flexion, 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 may reduce or eliminate the sharp pain that often occurs during the first steps.



## SIZING GUIDE



← Calf Circumference

Small	Less Than 7 3/4 inches
Medium	7 3/4 - 15 3/4 inches
Large	Greater than 15 3/4 inches

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*A Soft Sock for  
Relief of Foot Pain  
from Plantar  
Fasciitis*

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## 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.

## Material Specifications

This product is made from: 100% Spandex. This product does not contain Latex, and is not flame retardant.

## 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 on leg or foot.

## Washing Instruction

Close all Velcro prior to laundering. Machine wash in 104°F (40°C). Use a wash bag. Dry flat. Do not tumble dry or dry clean. Wash with similar colors.

## Adjustments

This product should only be altered by a medical professional.

## Who to Contact

If any problems occur, remove the support and contact your fitter.

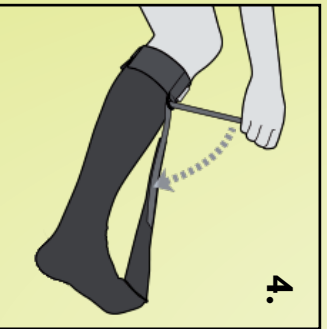
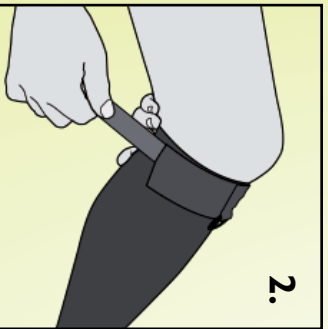
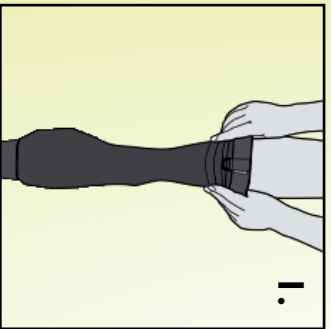
## Warnings

Check that you have the correct size. Some conditions can result in swelling that can mean variations in size. If this is the first time you are using a support, it is important to start slowly. Use the support for a short period of time the first day, then increase the use gradually.

Do not use directly on open wounds. Use only on dry skin. Do not use lotion on your skin. Make sure the straps are not too tight. If any sign of skin irritation occurs, immediately remove the support. Check your skin on a daily basis.



## Instructions for Use



1. Check that the support is complete and without damage.
  - Open the Velcro straps.
  - Pull the sock onto the leg. Make sure the surface is smooth without wrinkles.

2. Fasten the Velcro around the leg under the knee. The top strap should rest just under the knee.

3. Put the long strap through the loop and pull to stretch the sole of the foot without hurting. Start the treatment by pulling until the toes are approximately 3/8ths inch from the floor. **Increase the pull gradually** - leaving no more than a 1 inch difference between toes and floor.

4. Adjust for comfort. Fasten Velcro.