

# HEEL LIFTS

## With Physio'shock™



### BACKGROUND:

What is a calcaneal spur?

In the morning upon waking, some people experience pain between the heel pressure area and the waist of the foot. X-rays may show the presence of a bone spur called a calcaneal spur starting from the heel bone and moving towards the forefoot. Some people think that the spur itself is the source of the pain, but this is not true. The spur is merely the result of excessive tension exerted on the tendon which connects the forefoot to the heel. In reality, the pain is caused by inflammation of the tendon (plantar fasciitis). Fasciitis can be caused by several factors: prolonged standing, type of shoes or excess weight (collapsing of the arch of the foot). If there is acute pain, infiltrations of anti-inflammatory drugs are the only effective response for fast relief. To avoid recurrence, it is important to reduce the tension of tendons, either by wearing heel lifts or losing weight.

### INDICATIONS:

- Joint pain and backaches caused by shock waves.
- Calcaneal spur, fasciitis.

### PROPERTIES:

- Physio'Shock™ heel lifts are 5 mm thick and dissipate the energy created by foot/ground contact as well as reduce arch tension by relieving the heels.
- Insertion of Epithelium™ gel provides additional comfort.



### RECOMMENDATIONS FOR USE:

- The heel lifts are maintained in place in the shoes via a double-sided adhesive.
- Average duration of use: several months
- Cannot be washed.



References	Size	Unit
0661	Women	1 Pair
0662	Men	1 Pair