



STRETCH-EZ™

**optp
exclusive** Stretch-EZ™

While aiding in physical mobility and flexibility, the Stretch-EZ's cradle-design encompasses the foot allowing for a comfortable stretch to the foot, heel, Achilles tendon, hamstring, quadricep, inner/outer thigh and calf. Made of a comfortable poly laminate and webbing, this unique stretching aide assists in the treatment of plantar fasciitis, heel spurs, calf, thigh, hip and low back strains and injuries. Strap loops allow for personal control of each stretch. Contains latex. Non-returnable.

Stretch-EZ™ (#433)\$24.95

Clinical Trial: Chronic Plantar Fasciitis improves with fascia-specific stretching

A recent clinical trial and two-year follow-up¹ supports the use of plantar fascia-specific stretching as a treatment protocol for chronic plantar fasciitis. A large majority of patients in this trial reported decreases in pain and functional limitations with high levels of patient satisfaction.

1) Plantar fascia-specific stretching exercise improves outcomes in patients with chronic plantar fasciitis. A prospective clinical trial with two-year follow-up. (Digiovanni BF, Nawoczinski DA, Malay DP, Graci PA, Williams TT, Wilding GE, Baumhauer JF) J Bone Joint Surg Am. 2006 Aug;88(8):1775-81

