

Wearing Instructions

The Strassburg Sock™ is designed as a supplemental treatment for heel pain from Plantar Fasciitis. Its purpose is to provide an involuntary nightly assistance to your established daily treatment.

Precautions: If you have a known circulatory problem, open sores, are a diabetic or are pregnant, if you have swelling or severe edema, if you have hammer toes, if you have an active rash or severe dermatitis, or any recent trauma to the foot or foot surgery, please consult your physician prior to using this product.

STEP 1

First disconnect all hooks and loop assemblies. While sitting in a chair, pull the sock on and stretch it up completely over the calf with the "D" ring facing the front. If the sock extends above the knee simply pull it up above the knee as far as it will go. Then pulling from the center of the sock, slide it down until the "D" ring is positioned just below the knee.



STEP 2

Secure the upper strap behind the calf by means of the attached Velcro. This strap should fit snug and secure but not so tight as to cause discomfort or cut off circulation. This strap provides the base for the support which will keep the sock properly positioned during sleep.



STEP 3

With your foot flat on the floor and your ankle at 90 degrees to the floor, take the strap attached to the toe of the sock and pass it thru the "D" ring' from the bottom to the top



STEP 4

Pull the toes up approximately 1/2 to 1 inch off the floor. Now attach the Velcro pieces and the toes should remain in that position. **Do not pull the toes upward too tightly as this over-extension will cause discomfort.**



While we anticipate no problems, if you should experience any discomfort while using the Strassburg Sock™, please discontinue use immediately and contact your physician.

Courtesy of wheelchairs Plus 7-2010