



Fasciitis Fighter

The Fasciitis Fighter was designed to remove the time and hassle with having to regularly roll up a towel to the correct shape to perform specific plantar fascia strengthening exercises.

Using the Fasciitis Fighter the big toe is placed into an extended position to place some stretch on the plantar fascia (using the windlass mechanism). In this position calf raises are then performed which places a controlled load through the plantar fascia tissue. This progressive loading over at least twelve weeks may help tissue capacity and load tolerance in the plantar fascia which may help pain levels in persistent plantar fasciitis.



| Code: | Description: | Size: |
|-------------|-------------------|--------------------------------|
| FASFIIGHTER | Fasciitis Fighter | 16cm (L) x 15cm (W) x 43cm (H) |

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The Fasciitis Fighter is the tool for strength training the foot

High load strength training is an evidence based active approach focused on strengthening while placing some load on the plantar fascia tissue and calf muscles. This exercise performed over a three month period or more may help the plantar fascia tolerate the load of day to day activities and improve pain levels in persistent plantar fasciitis.

The Fasciitis Fighter is a product that helps you effectively complete this specific strengthening program.

It allows you to consistently complete the strengthening exercise without the hassle of having to roll up a towel.

Research has shown:

“High-load strength training may aid in a quicker reduction in pain and improvements in function in sufferers of plantar fasciitis”.

Rathleff et al 2014.

“A simple progressive exercise protocol performed every second day, resulted in superior self reported outcome after 3 months compared with plantar specific stretching”

Rathleff et al 2014.



Plantar Fascia Strengthening

The Fasciitis Fighter was designed to remove the time and hassle with having to regularly roll up a towel to the correct shape to perform specific plantar fascia strengthening exercises. Rathleff et al 2014 showed superior result applying a specific plantar fascia loading exercise with the use of a rolled up towel to just stretching.

Using the Fasciitis Fighter the big toe is placed into an extended position to place some stretch on the plantar fascia (using the windlass mechanism). In this position calf raises are then performed which places a controlled load through the plantar fascia tissue. This progressive loading over at least twelve weeks may help tissue capacity and load tolerance in the plantar fascia which may help pain levels in persistent plantar fasciitis.

The Fasciitis Fighter should always be used under the guidance of your health care professional as individual loading parameters will vary.

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Frequently Asked Questions

What does the Fasciitis fighter do?

The Fasciitis fighter is a product to allow you to do strengthening exercises of the foot and calf. Its design places the plantar fascia under some tension while the muscles in the foot and calf work.

What is the Fasciitis Fighter?

It is a closed cell foam product that allows you to complete strength training with. It replaces the need to roll up a towel which is commonly used in strengthening exercises for the foot.

What can the Fasciitis Fighter be used for?

The Fasciitis Fighter is specifically designed to help perform high load strength training on.

Are there conditions that are not suitable or safe to use the Fasciitis Fighter for?

Yes, you should not use the Fasciitis Fighter if you suffer from any of the following conditions: Acute or reactive plantar fasciitis, plantar fascia tear, foot fractures, acute calf or achilles injury. Undiagnosed heel and foot pain, If you suffer from any of these conditions please do not use the Fasciitis Fighter unless otherwise advised by your doctor or health professional. There is also a risk of suffering an increase in pain levels from using Fasciitis Fighter.

How should the Fasciitis Fighter feel?

You may feel some tension and in some cases may feel some mild discomfort under the foot while performing the exercise. This pain should not increase and if your symptoms increase see your health care professional for advice and stop the exercises. You may also get a sore calf muscles initially if they are not use to doing any calf raises.

Should I still see my health care professional?

Fasciitis Fighter is purely a product for exercising with. It does not replace the need to see your health professional of your choice for correct diagnosis and management of your foot pain.

How do I care for the Fasciitis Fighter?

Don't expose to direct sunlight or extreme heat. Keep away from pets and children.

How much often should I use the Fasciitis Fighter?

The Fasciitis Fighter is designed for individual use and is to be used only once per day or every second day. As you progress you may only need to use it less frequently. Note: Due to the nature of the foam and the required density to make the device comfortable to use it will likely compress/ deform slightly on the top curve over time. Excessive use will decrease the lifespan of device.

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