

Are you suffering from heel pain? We can help you!

STOP THE PAIN!

Heel pain can be effectively combated with
the proven Body Armor® Night Splint.



+ DARCO



Heel spurs and heel pain – Why?

Heel pain is among the most frequent types of pain occurring in the foot. In general, the pain is caused by oversteering the plantar fascia. Due to wear, micro-injuries and tissue changes (fibrosis) of the plantar fascia at the heel bone, a heel spur can develop. Nearly 10 % of the population suffers from this. The precursor is pain in the soft tissues of the foot. Heel spur refers to a spur-shaped, bony growth on the underside of the heel bone. The term »heel spur« is frequently also used as a synonym for heel pain due to various causes. It is not the heel spur itself that is causing the pain but rather the inflammatory reaction due to minor injuries to the muscle and tendon insertion points (medical term: plantar fasciitis). In addition, shortening of the plantar fascia or inflammation or weakness of the Achilles tendon can cause pain in the heel.

How are heel spurs identified?

- > stabbing heel pain when bearing weight
- > dull, rather diffuse pain in the heel, even in a resting position
- > typical pain when getting moving in the morning after standing up or after lying down and sitting for longer periods of time
- > severe pain upon pressure at the tendon insertion sites on the heel bone

What can I do?

Before a surgical solution of the problem is attempted, conservative treatment using a special aid should be considered. For this purpose, DARCO offers a very effective aid that is widely accepted by patients, the **Body Armor® Night Splint**.

Please contact your doctor.

Stretching exercises – Be active for rapid healing!

With these 4 exercises – performed every day – you can play an active role in your healing.



Exercise 1

Place your hands at head height against a wall for support. Position the leg to be stretched about one step behind you and keep the heel on the floor. Bend the front leg until you feel pulling in the calf of the back leg. Hold this position for 15 to 20 seconds and repeat it four times.



Exercise 2

Stand on a step as shown. Lower your heels slowly and relax your calf muscles. Hold this position for 15 to 20 seconds and flex the calf muscles once again to lift your heels. Repeat this exercise four times.

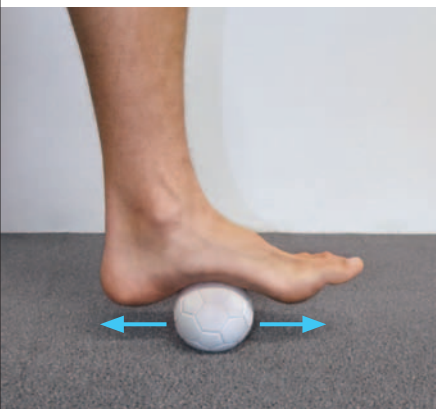
Please note

Along with rest, physical therapy stretching exercises of the tendons of the sole of the foot and the calf are essential for rapid healing. If the inflamed aponeurosis is under tension, it is continuously strained and cannot heal.



Exercise 3

Place a rolled-up hand towel under the balls of your feet and use both hands to slowly draw it towards you. The knee should remain straight during this time. Hold this for 15 to 20 seconds and repeat this exercise four times.



Exercise 4

Often intense heel pain is felt immediately after standing up. This pain is caused by cramping of the tendon that supports the arch of the foot. Massaging or stretching this tendon before standing up can reduce pain. While sitting on the bed, roll a small ball back and forth using the sole of your foot. It is beneficial to perform this exercise while standing, if the pain allows.

Note

These exercises should not cause you any pain at all, but instead only slight traction in the corresponding tendons and muscles. It is advisable to perform these exercises two to three times daily. If no pain relief is achieved, an orthopaedic specialist should be consulted.

Important information for your doctor

Body Armor® Night Splint from DARCO



Through the combination of a rigid plastic shell and the elevation option due to the large toe loop or toe plate, the plantar fascia is stretched and counteracts the following indications:

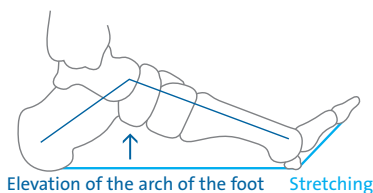
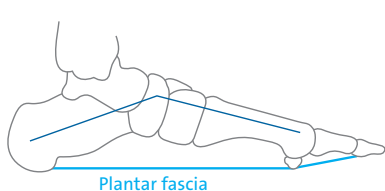
- > Shortening of the plantar fascia
- > Heel spur
- > Inflammation and weakness of the Achilles tendon
- > Metatarsalgia
- > Talipes equinus and ankle contractures

The Body Armor® Night Splint is a night splint which holds the foot at a 90-degree angle to the lower leg. This position prevents equinus deformity and thus also shortening of the Achilles tendon. The large toe loop elevates the hallux and in this way benefits from the windlass mechanism*. In this way, extension of the plantar fascia is additionally achieved.

In addition, it causes mild stretching

- > of the Achilles tendon
- > of the posterior tibial tendon
- > of the deep flexors, and
- > of the muscles of the lower leg

The Body Armor® Night Splint is the only orthotic on the market which allows the natural flexing motion of the foot. This achieves precise and lasting stretching of the plantar fascia.



* **Windlass mechanism:** Dorsal flexion draws the plantar fascia around the first metatarsal like a windlass, stretches the plantar fascia and shortens the distance between the calcaneus and the metatarsals and elevates the longitudinal arch of the foot.

Easy to put on – individual fit



Adjustable Velcro straps to put the splint on quickly and easily and also to ensure a comfortable fit.



The multiposition rubber ring allows the user to secure the toe loop in various positions.



The low profile of the splint prevents tension forces on the back of the foot and tibial edge by up to 70%.

The Body Armor® Night Splint can be worn on the left or right foot and is available in one size to fit all.

Toe plate

The toe plate places the toes in a dorsiflexed position and thus achieves greater stretching of the plantar fascia. (optionally available)



Provided by:



1409/08



Visit our website too at: www.darco-europe.com

DARCO (Europe) GmbH | Gewerbegebiet 18 | 82399 Raisting | Germany
Phone +49 (0) 88 07.92 28-0 | Fax -22 | info@darco.de | www.darco-europe.com