

# How To Apply



## PFTape®

### Plantar Fasciitis Pain Relief System

Read and understand all instructions prior to use.

Wash and dry foot thoroughly. Sit in a stable position to apply.

Do not wear in the tub or shower. Remove product if it gets wet.

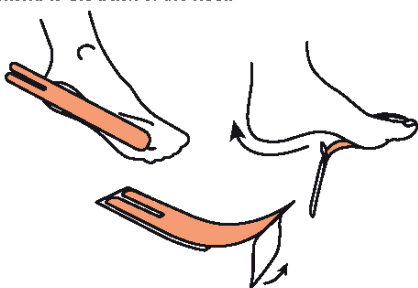
1. Separate the two sides of product at the perforations:



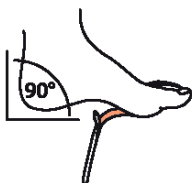
- The wider piece with two tabs is the sole strip.
- The narrower, solid piece is the arch strip.

2. The sole strip will be applied to the bottom of the foot with the two tabs extending beyond the heel far enough to cross on the back of the heel. Note the position required for application to your foot.

With the solid paper backing facing you, bend the sole strip and remove the smaller paper backing. Apply the small adhesive section of the sole strip beginning at or near the ball of your foot positioned so that the tabs will extend to the back of the heel.



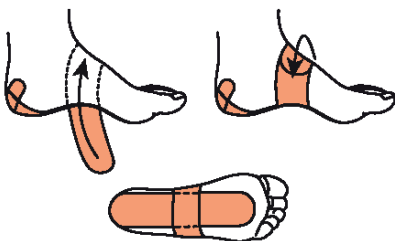
3. With the sole strip attached at or near the ball of your foot, remove the remaining paper backing while keeping your foot at a 90° or a slight downward angle. Press the adhesive side against your heel and then along the entire bottom of your foot. This may leave a small gap between the foot and the support in the arch area, until step 4.



4. Cross the tabs around the back of your heel. Press the strip against the arch of your foot to ensure adhesion. If necessary, take a step and adjust the position of the support strip and/or tabs.



5. Remove the arch strip from paper backing and apply around the mid-section of your foot, near the middle of the arch. Apply by wrapping around your foot. (The ends may or may not overlap on top of your foot.)



Bottom of Foot

Maximum 24 hours use per application, change daily. Remove product by gently pulling at the ends and peeling it off of your foot.

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## Plantar Fasciitis Pain Relief System



### Must Read Before Use

1. Apply product daily to clean, dry foot. Consistent uninterrupted daily use is essential to relieve foot pain. Product may be worn up to 24 hours per application.
2. Proper foot position during application is essential to product effectiveness. Hold foot at neutral 90° during application as per the illustrations. If pain reduction is not pronounced after a few days of use, or if desired, support level may be increased by angling the foot downward during application.
3. Reduce exercise intensity levels, and avoid high impact or high foot stress activities during foot pain recovery, or anytime while wearing product. If moderate exercise during recovery is desired, consult with your physician regarding what level of physical intensity is appropriate based on your individual risk factors. We recommend not to strain or stretch the plantar fascia during heel pain recovery.
4. The pain may subside immediately after application, however most pain reduction typically occurs after a few days of use. Lack of pain does not indicate that recovery is complete. Continue to use product for a minimum of 6 days after pain subsides to allow the fascia time to strengthen, thus minimizing potential for re-injury.
5. Do not allow product to get wet. Apply a new support any time the product gets wet. Glue may separate from the fabric during removal. Any glue residue left on the skin may be removed with warm water and a wash cloth.
6. Typical users require 14-21 days of treatment. Consult your podiatrist or physician if pain persists. Always wear supportive footwear.

**FasciaDerm®**  **Questions?**  
[www.MuellerRx.com](http://www.MuellerRx.com)

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