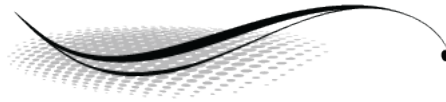


Beating Plantar Fasciitis Pain



Beating Plantar Fasciitis Pain



All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic, mechanical, printing, recording or otherwise without the express written permission of In.Genu Design Group Inc.

Copyright© 2009, In.Genu Design Group Inc.

all rights reserved

Contents

1	Plantar Fasciitis & Heel Spur Pain Relief	1
2	Understanding Plantar Fasciitis	3
	Foot and Plantar Anatomy	3
	What Happens to the Fascia?	5
	What Causes It?	5
	What are the Symptoms?	6
	Why Do Heel Spurs Develop?	7
	Diagnosing Plantar Fasciitis	7
	You Can Do Something About Your Pain	8
2	Breakthrough Treatment #1 Therapeutic Ultrasound	9
	Why is Ultrasound Therapy Important?	9
	Fast Facts about Ultrasound Therapy:	9
	Understanding How Ultrasound Therapy Works	10
	Frequency and Penetration Depth	10
	Continuous vs. Pulse Mode.	11
	Conductive Gel - Why You Need it.	11
	Phonophoresis Enhances Your Ultrasound Treatment	11
	Proof Ultrasound Therapy Works	13
	Ultrasound Increases the Rate of Tissue Regeneration.	13
	Damaged Cartilage can be Repaired with Ultrasound.	14
	Ultrasound will Break Down Scar Tissue	14
	Painful Muscular Condition Responds to Noninvasive Ultrasound Treatment!	15
	Osteoarthritis Sufferers Respond Well to Ultrasound	15
	Ultrasound Prevents and Repairs Damage Caused by Arthritis	16

Relief of Shoulder Tendonitis and Calcification with Ultrasound Therapy 16

Ultrasound Therapy is Helpful in the Treatment of Rheumatoid Arthritis 17

Hot-Pack and 1-MHz Ultrasound Treatments Have an Additive Effect on Muscle Temperature Increase 17

Therapeutic Ultrasound Relieved the Pain Associated with Arthritis 18

The Effect of Low-Intensity Pulsed Ultrasound Therapy on Time-to-Heal on Fractures . 18

Therapeutic Ultrasound Linked To Knee Tissue Repair 19

Effects Of Ultrasound Treatment In Carpal Tunnel Syndrome & Tips From Other Journals 19

Ultrasound Increases Range of Motion 20

The Importance of Therapeutic Ultrasound for Osteoarthritis 20

Speeding Recovery of Damaged Cartilage with Ultrasound 21

Ultrasound Effective In Managing Rheumatoid Arthritis 21

Range Of Motion Increase On Torn Meniscus With Ultrasound Treatment 21

Ultrasound Can Increase Range Of Motion In The Knee 22

Ultrasound Treatment On Fractured Fibulas in Rabbits 22

3 Therapeutic Ultrasound - Effective Therapy for Plantar Fasciitis 23

Why Do So Many Plantar Fasciitis Sufferers Consider Therapeutic Ultrasound A Must-Have Treatment? 23

 It Speeds Recovery of Fascia Tears. 23

 It Helps You Avoid the Use of Harmful Medications and Further Damage 23

 It Breaks Down Scar Tissue 24

 It Helps You Reduce Pain to Function Throughout the Day 24

 It Energizes Your Life and Overall Well-Being. 24

 Ultrasound Specifications: 25

Contact Information: 25

4 Breakthrough Treatment #2 Blood Flow Stimulation Therapy 26

Benefits of Inferno Wrap™ 27

- Speeds Recovery From Soft Tissue Injuries 10 Times Faster Than Ultrasound 27
- It Prepares the Fascia for Use 27
- It Helps You Avoid Consuming Dangerous Drugs 27
- It Reduces the Risk of Chronic Conditions 28
- It Eliminates Toxins From the Injured Area 28

Some Conditions that MendMeShop Customers Treat With The Plantar/Spur Inferno Wrap™. 28

Here’s What Inferno Wrap™ Users Have To Say: 29

- I Could Feel Relief With The Inferno Wrap After One Use 29
- Help Treat and Prevent Various Knee Injuries 30
- College Basketball Referee Solves Achilles Tendonitis With Ultrasound and Inferno . . . 30
- Only Ultrasound and the Inferno Worked For My Sprained Ankle 31
- The Back Inferno Wrap Is Amazing 31
- I Cannot Believe How Fast My Knees Are Responding 32
- Sport Taekwondo Athletes at London Southbank University use Ultrasound / Inferno Wrap 33
- Your Inferno Wrap is now My Inferno Wrap 33

Benefits of the Freezie Wrap™ 34

- It Reduces Pain, Swelling and Inflammation Naturally 34

5 Fast and Natural Relief - Plantar/Spur Freezie Wrap™ 34

- It Reduces Further Damage and Prepares the Plantar Fascia for Healing 35
- Some Conditions that MendMeShop Customers Treat With the Freezie Wrap™. 35
- Here’s What Freezie Wrap™ Users Have To Say: 36

 - Reduction in Shoulder Pain In Only One Week 36
 - Within 9 Days I Was Walking Without A Reminder Of Achilles Tendonosis 37

- Contact Information 38

How Do I Stop It From Coming Back?	39
Drop the weight	39
Fix your gait and your shoes	39

6	Preventative Measures	39
----------	------------------------------	-----------

Consider what you expect from your feet40
Taking Action Is the Key to Better Health41

1 Plantar Fasciitis & Heel Spur Pain Relief

Alternatives to the traditional methods of treating plantar fasciitis and heel spur inflammation are becoming more popular every day. With these alternative methods, people are reducing foot pain faster and healing more completely than ever before!

If you are suffering from plantar fasciitis, your physician may have advised you to avoid aggravating activities, to tape your foot for added support during activity, and to wear appropriate shoes with significant arch support to protect your feet. By following this advice, you can minimize further damage to the fascia and allow the body to begin healing. However, it is usually a slow process with many setbacks due to re-injury with the pain dragging on for months or years.

Pain medications (analgesics) and non-steroidal anti-inflammatory drugs (NSAIDs) can be used to help manage your plantar fasciitis pain. Unfortunately, these medications will not cure your condition; they will merely treat some of your symptoms. In addition, these drugs aren't recommended for long term use, as pain medications can cause liver damage and NSAIDs can cause gastrointestinal difficulties (such as upset stomach, diarrhea, ulcers and intestinal bleeding). They can also trigger other serious side effects and even inhibit the body's natural ability to heal itself.

Cortisone or steroid injections may initially help reduce inflammation and swelling of your plantar fascia. However, injections are very controversial as they can trigger a plantar fascia tear and can decrease the thickness of your plantar fat pad. These injections can be painful and often become ineffective over time.



In more severe cases, your physician may recommend surgery which involves cutting the plantar fascia, cutting the nerve sheath of the abductor digiti minimi muscle and/or removing a heel spur. Although surgery may alleviate many of the problems associated with plantar fasciitis, it is not guaranteed. In fact, surgery has many of its own risks; nerve damage, hypersensitive neuroma, infection or a fallen arch to name a few. The cost of surgery can be significant and recovery can take

weeks or months.

If left untreated however, there is a risk that plantar fasciitis will become chronic which can possibly lead to a host of other issues. Typically, what happens in the feet directly impacts the proper functioning of the knees, hips, and back as you change your body mechanics to adjust for the pain or discomfort. The good news is there are steps you can take right in your own home to speed your recovery time and prevent this condition from recurring; all you need is the right information and the right tools.

By reading this book you'll learn about 3 breakthrough treatment options that have helped thousands of people who suffer from plantar fasciitis and heel spur pain. You'll be presented with research conducted at leading universities and medical facilities worldwide that support the use of ultrasound therapy for treatment of soft tissue injuries. You will also read about how the revolutionary technology of Blood Flow Stimulation Therapy has helped other plantar fascia sufferers who were once in the same situation as you.

These treatments are safe, painless and effective. They are also much less expensive than constant visits to a doctor or surgery, and the technologies have been widely used and accepted by medical professionals for many years. Read on and find out how to treat your plantar pain from the comfort of your own home.

Don't let your pain force you to make drastic lifestyle changes, pay far too much for treatment, or put your health at further risk- Take charge!

2 Understanding Plantar Fasciitis

Plantar fasciitis (pronounced "PLAN-ter fash-ee-EYE-tus") is an inflammation of the plantar fascia, the tissue along the bottom of your foot that connects your heel bone to your toes and supports your arch. This condition affects over 2 million Americans and is typically characterized by intense stabbing pain in the heel - particularly first thing in the morning or after a period of activity. In many cases the pain decreases as the fascia warms up during the day but some sufferers (typically those with a chronic condition) are plagued all day with the pain.

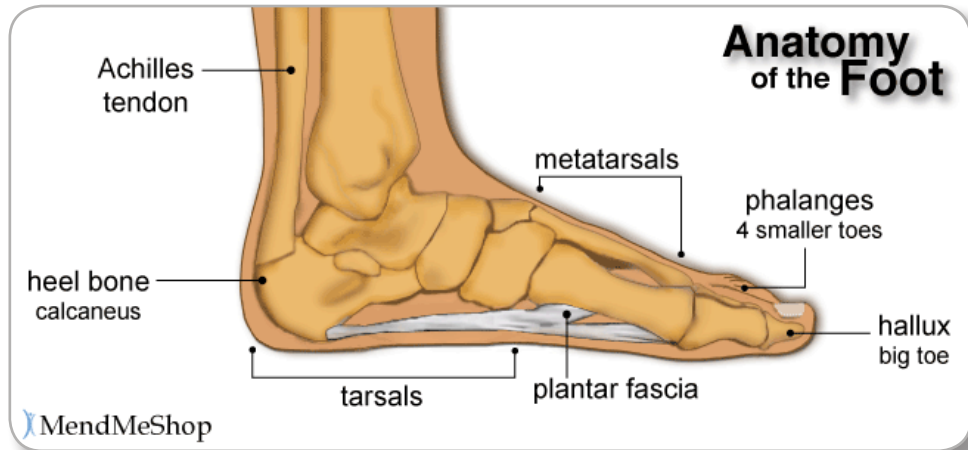
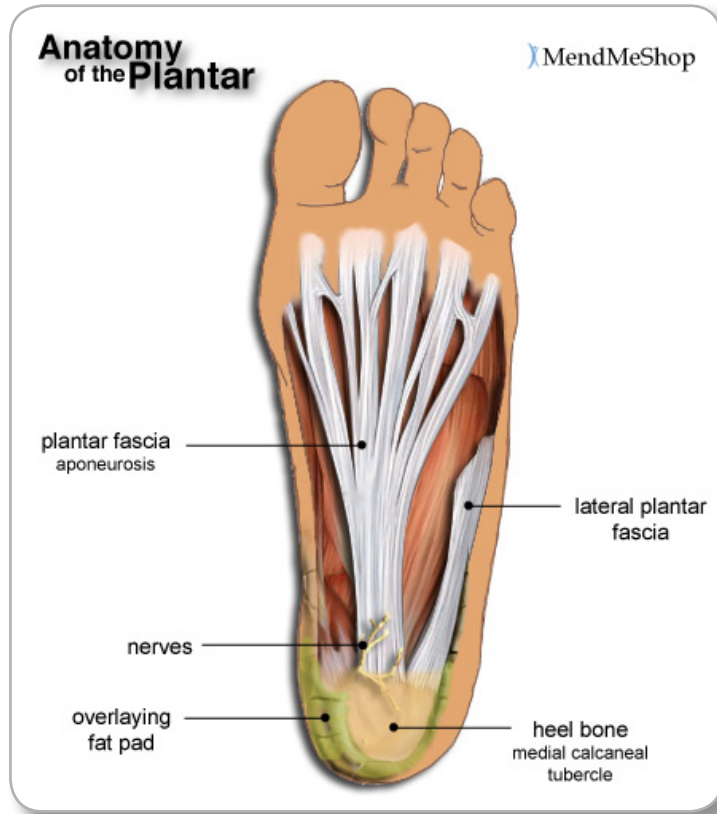
Foot and Plantar Anatomy

Your foot is made up of 3 sections. Your forefoot is comprised of 4 smaller toes and 1 big toe. Your midfoot and hind foot make up your foot arches, instep, heel and ankle; these are responsible for weight bearing and propulsion. Your arches contain bones, ligaments, muscles and tendons which require a lot of strength, stability and flexibility to carry the weight of the body.

Your bones work with your muscles to move your foot in 4 directions: upward, downward towards sole, outward and inward. Your lower leg muscles have long tendons that cross your ankle and attach to your foot and toe bones to help move your foot. Your extensor muscles and tendons attach on the top of your foot, and your flexor, abductor and

adductor muscles and tendons attach on the bottom of your foot. Your Achilles tendon is the strongest and largest tendon in your body and it connects your calf muscles (gastrocnemius and soleus) to your heel bone (calcaneus), allowing your foot to push off when your calf muscles tighten. It is essential for walking, running and jumping.

Your plantar fascia (aponeurosis) is a pearly white, sheet-like band of strong and fibrous connective tissue (collagen fibers), that resembles a flattened tendon or ligament, which connects the bones and tissues on the sole of your foot. The plantar fascia starts from a nodule on the middle portion of your heel bone (medial calcaneal tubercle) - the largest bone in your foot, which transfers weight from your body to the ground. It then moves across the bottom of your foot and fans out around the ball of your foot attaching at the base of your toes. The plantar fascia cushions and provides shock absorption from pressure. It acts like a rubber band that loosens and contracts with movement, supporting and stabilizing your medial and lateral foot arches, and locking your bones in place when you put weight on it. It is used during the "take-off" phase when you walk or run. The fat pad in your heel covers your plantar fascia to help with shock absorption.



What Happens to the Fascia?

Think of your plantar fascia as your body's shock absorber. Throughout the day the fascia supports the arch of the foot in carrying the weight of the body. Sometimes, when the impact is too great, tiny tears will appear in the fascia. If the impact level continues unchanged, in time, these tears will become inflamed.

What Causes It?

Basically this condition is caused by excessive wear to the plantar fascia or biomechanical faults causing the inward rotation of your foot. In most cases it can be attributed to long periods of weight bearing particularly when using unsupportive footwear, extra weight bearing, inactivity, poor weight distribution due to faulty foot mechanics, or overuse (being on your feet all day) and overexertion (as when playing sports).

Improper Foot Wear - Worn out or poorly constructed shoes that don't fit properly or don't support your heel or arch affect the distribution of your body weight on your feet and add undue stress to the plantar fascia. High heeled shoes commonly worn by women are famous for leading to the eventual shortening of the plantar fascia and the calf muscles.

Excess Weight Bearing - Approximately 90% of women and 40% of men with plantar fasciitis are overweight. Obesity or sudden weight increases can overstretch and increase the tension placed on your plantar fascia. Weight gain during pregnancy

along with the hormonal changes can cause your ligaments and tissues to relax, which heightens your risk for this disorder.

Inactivity – If you become less active and do not keep your foot strong and flexible, your tissues break down and weaken leaving them more prone to injury. Your plantar fascia changes from an elastic-like fiber to a more rigid, rope-like fiber. As well, the fat pad in your heel thins out and doesn't provide as much cushioning, which can cause it to swell, bruise and/or tear more easily.

Faulty Foot Mechanics - Abnormal growths, different leg lengths, arch variations, unhealed injuries and muscle imbalances (tight, weak or shortened muscles in your foot, ankle, calf and hamstring) affect the way your foot hits the ground (your gait). Overpronation (feet rolling inward) is found in 85% of people who suffer from plantar fasciitis. These individuals tend to have a low arch and flat foot (pes planus). Those who underpronate (feet rolling outward) tend to have rigid feet and a high arch (pes cavus) which results in a shortened plantar fascia. These conditions place increased pressure on your plantar fascia when your foot hits the ground.

Overuse and Overexertion - The main cause of plantar fasciitis is overuse and overloading in occupations where you are on your feet all day (teachers, store clerks, soldiers, waitresses, hostesses), activities that require you to push heavy items (shippers and receivers, construction workers) and/or sporting activities in which you overexert yourself (running, football, baseball, basketball, tennis, volleyball, step-aerobics, stair climbing and

dancing). Running on your toes or the balls of your feet, on very hard or soft surfaces, and up hills can increase your risk and suffering. In fact, among professional athletes, plantar fasciitis is one of the 5 most common foot and ankle injuries.

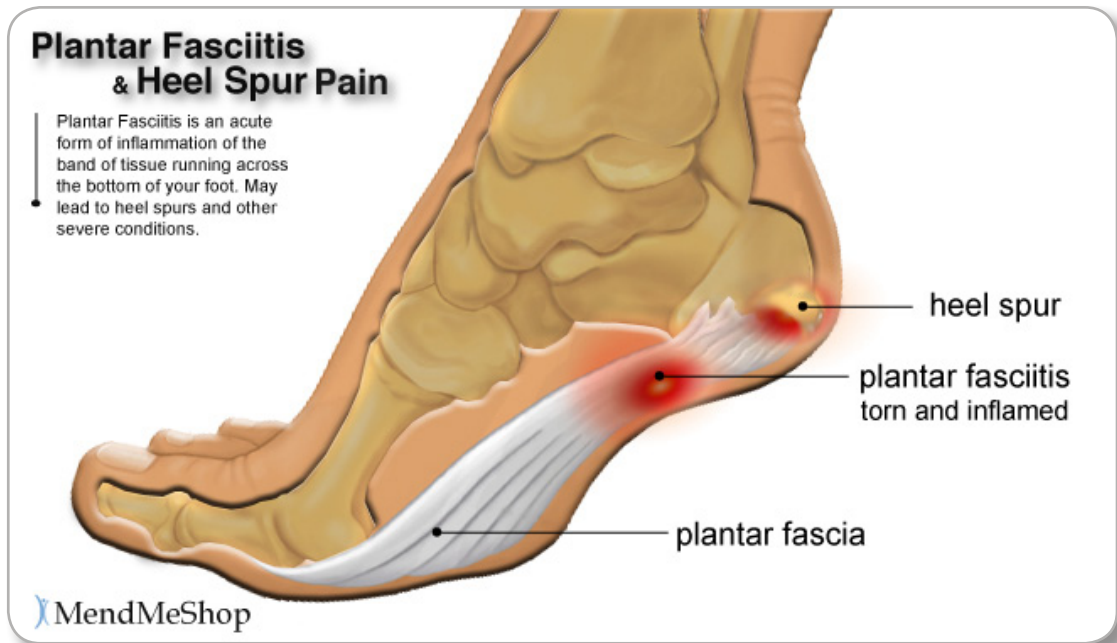
What are the Symptoms?

The pain associated with plantar fasciitis normally starts as a dull ache and then progresses to a sharp, knife-like pain or constant throbbing feeling that is worse when you put weight on your foot. The most tender areas tend to be in the centre of your heel and along the inside and bottom of your foot where your heel and arch meet. Pushing your toes upward will increase the pain.

You will tend to experience the most pain in the

morning when you take your first steps. This is a result of your plantar fascia contracting (shortening) when your foot rests during the night. The morning pain occurs because you are stretching and irritating (even re-tearing) the tissue after a longer period of non-use. Fortunately, your tissues will relax and lengthen throughout the day with movement, however long periods of time on your feet or walking on hard surfaces can make them extremely sore by the end of the day.

You may occasionally experience bruising, redness, warmth and/or puffiness (inflammation) on and around your heel, which can double the thickness of your plantar fascia, increase your discomfort and cause stiffness in your foot. However, these symptoms can also indicate other foot conditions and are not a positive indicator of plantar fasciitis.



This inflammation can instigate heel spurs around the attachment of your plantar fascia, where the most tension and irritation is experienced. These are calcium deposits that produce bony projections in the soft tissue on the underside of your heel bone. They can cause tenderness when walking, however many people experience no pain with them.

Why Do Heel Spurs Develop?

As your body tries to heal itself, a heel spur or osteophyte (bony outgrowth or calcium deposit) develops around the bottom or back of your heel which protrudes into the soft tissue. It can vary in shape from a flat, shelf-like growth to a hook-shaped, pointy projection, and can extend forward up to a half inch. Your body hopes this extra bone and tissue will help to relieve the pressure on your plantar fascia.

Heel spurs can affect your ability to do your usual work and activities, and can also trap and irritate the nerves in your heel area. They can change the way you walk, and can lead to knee, hip and low back injuries. If they are severe and inflammation is left untreated, they may require medical intervention.

Heel spurs affect 10-21% of the population, and are most frequently seen in athletes, people who are on their feet all day, are overweight and/or over 40 years of age. Many people refer to plantar fasciitis and heel spurs as one in the same. Although these are similar, they are not the same. Heel spurs can actually be caused by plantar fasciitis; 50% of people with plantar fasciitis have heel spurs, whereas 19% of people have heel spurs without plantar fasciitis.

Diagnosing Plantar Fasciitis

Before treating yourself for plantar fasciitis it is important to get a proper diagnosis from a physician to ensure you are not overlooking a more serious disease or condition. Once you are sure you have plantar fasciitis you can begin treating yourself with 3 incredible therapies that will speed your healing, reduce your pain and soften the scar tissue that has built up on your fascia. These therapies will be discussed in future chapters of this book.

Plantar fasciitis accounts for 11 - 15% of all foot symptoms requiring professional care. Normally, your doctor will take your medical history to find out more about your past and current condition, and discuss your symptoms with you. He/she will give you a physical examination and check your foot and toes for any tenderness, inflammation, discoloration or unusual sensations.

Your doctor will test your foot and lower leg muscles and nerves for reflexes, strength and flexibility. Normally with plantar fasciitis you will have pain when standing on your toes, a thick plantar fascia and reduced ankle dorsiflexion (ability to point your toes and foot upward). Your gait will also be evaluated to determine your bone alignment when you walk. Your doctor may check the soles of your shoes to see if you have excessive wear on one side.

Occasionally X-rays, MRIs or blood tests might be requested to rule out other conditions or diseases (a bone spur, stress fracture, nerve compression, collagen disorders, tumors, rheumatoid arthritis).

You Can Do Something About Your Pain

Understanding plantar fasciitis is the first step in taking control of your recovery. Now that you have a clearer idea of your condition, you have the information you need to understand which therapies will be most effective to heal your fascia and reduce your pain. Most treatment plans focus on temporarily relief, but it is possible to heal quicker and more completely and prevent plantar fasciitis from plaguing you for the rest of your life. Plantar fasciitis treatment needn't be invasive or painful; read on to find out how.

2 Breakthrough Treatment #1 Therapeutic Ultrasound

Why is Ultrasound Therapy Important?

Every year, ultrasound therapy helps thousands of people heal their plantar fascia and eliminate the pain and inflammation caused by heel spurs. Despite this, many people are unaware of what ultrasound therapy is, or the outstanding results it produces.

The use of ultrasound for therapeutic purposes dates back to the 1940's, when it was first researched by a French physicist named Paul Langevin. Ultrasound therapy uses high frequency sound waves to reduce pain and inflammation in the injured area. It can be used to heal your damaged plantar fascia tissue as well as reduce inflammation surrounding a heel spur. In addition, ultrasound therapy will break up and soften scar tissue that has developed throughout the many healing, re-injury and re-healing cycles. By treating the cause of the pain – damaged tissue, inflammation and scar tissue – you can eliminate your plantar pain with ultrasound therapy and no longer fear your first steps in the morning. It can even be used to treat other soft tissue conditions such as musculoskeletal injuries, arthritis, tendonitis, bursitis or fibromyalgia.

This section of the book is dedicated to help you gain

a clear understanding of what ultrasound therapy is, how it works, why it works, and the amazing results that come about with its usage.

Fast Facts about Ultrasound Therapy:

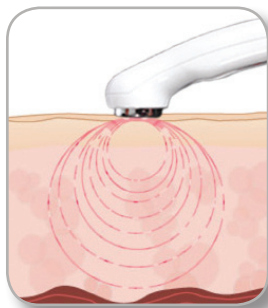
1. Promotes faster healing
2. Reduces pain in the treated area
3. Increases cellular metabolism and improves circulation
4. Breaks up and softens scar tissue and adhesions
5. Shrinks or diminishes inflammation and swelling
6. Reduces irritation to nerve roots
7. Improves the body's natural healing process

Understanding How Ultrasound Therapy Works

Ultrasound therapy is the use of deep cellular, high frequency sound wave vibrations that cause a slight increase in the core temperature of soft tissue. In order to create these ultrasound waves, the ultrasound device applies an electrical current to a quartz crystal. This expands and contracts, producing the ultrasound waves, which are then transmitted from the device to the injured tissue.

As the sound vibrations create a gentle heating effect (thermotherapy) the body responds by increasing blood flow to the site of the injury. When blood flow increases, so does the amount of healing oxygen and nutrients reaching the damaged tissue. This speeds healing by promoting the body's natural curative process. Throughout the treatment the sound waves continually work at breaking down and softening the scar tissue that has built up in the area. As a result, ultrasound therapy heals tissue, reduces inflammation, softens scar tissue and minimizes pain all at the same time. With ultrasound therapy you get a healed plantar fascia that is less prone to re-injury and chronic pain.

In addition, this gentle heat and increased blood flow relaxes the muscles in the treated area, easing stress and reducing muscle spasm. This process is known as vasodilation. The cellular heating effects



of ultrasound therapy have been found to be very helpful in the treatment of musculoskeletal injuries, breaking down scar tissue and helping to exercise tendons.

Therapeutic ultrasound may be used to treat a variety of conditions. It has anti-inflammatory effects that can relieve the pain and stiffness of arthritis and other inflammatory conditions. It may be used to treat impingement (compression) of nerve roots and various types of neuritis (nerve inflammation) and may be useful in the care of post-traumatic injuries.

Therapeutic ultrasound is very different from its well known counterpart, diagnostic ultrasound. While therapeutic ultrasound is used to treat injuries, diagnostic ultrasound uses lower intensity sound waves to produce images of the inside of a patient's body. The most well known use is for examining babies inside their mothers' womb.

Frequency and Penetration Depth

Therapeutic ultrasound is usually delivered at frequencies between 0.8 to 3 megahertz (800 to 3,000 kilohertz). The frequency of the ultrasound waves is actually opposite to how deep they will penetrate the body. A lower frequency provides deeper penetration, up to about 3 inches (7 centimeters). For therapeutic applications, 1MHz is the optimal frequency for both effect and penetration. This allows for deep heating of tissues such as muscles, tendons, ligaments, joint capsules and bone. A 3MHz frequency is recommended for more superficial damage, such as skin surface scarring.

Continuous vs. Pulse Mode

There are two important settings when using ultrasound therapy: continuous mode and pulse mode. Continuous mode means the ultrasound waves are transmitted continuously throughout the treatment, and pulse mode means the waves are delivered in pulses (short bursts) with a short rest between them. If pulse mode is used less heat is generated making it appropriate for treating acute inflammation when less heat is desired.

Conductive Gel - Why You Need it

Ultrasound treatment cannot be applied over bare skin. In order for it to work properly, there needs to be a conductor, or something for the ultrasound waves to be transmitted through, such as ultrasound gel. This gel is applied over the injured area, and the transducer head is used slow circular motions using the gel to create a seal between it and the skin.



Ultrasound therapy is made even more effective if you use a conductive gel that contains natural medicinal ingredients used to further enhance the treatment of pain and inflammation. There are four important properties to look for in an ultrasound gel including:

Peppermint – Widens blood vessels to enhance blood flow to the treatment area.

Menthol – Numbs the nerves, keeping them from

reacting to pain. In addition, menthol provides a soothing, slightly cooling sensation to the injured tissue.

Lavender - Beginning in ancient Egypt, this ingredient has been used throughout the world for centuries, but was initially only used in perfumes and incense. As the world evolved, many societies discovered the medicinal value of lavender, particularly for the treatment of stiff joints and sore muscles. In the past few decades, lavender has also been recognized as a natural way to help control muscle spasms.



Eucalyptus – Everything from sore muscles to arthritis, from fascia tears to stiff tendons and ligaments can be relieved by eucalyptus. This versatile compound will provide a slight warming sensation to the area you are treating, helping to keep your muscles and connective tissue feeling loose and relaxed.

Phonophoresis Enhances Your Ultrasound Treatment

Medicinal ingredients within the gel penetrate into the tissue during the ultrasound treatment through a process called phonophoresis. Phonophoresis is the use of ultrasound to enhance the delivery of

topically applied drugs. The ultrasound waves drive the therapeutic molecules deep below the skin to where they work most effectively. Phonophoretically administered medications can penetrate the body to a much deeper level than those massaged by hand over the surface of the skin. Typically, when using a 1Mhz ultrasound device, these medicinal ingredients can reach up to 3 inches into the body.

Phonophoresis is most commonly used by Physical Therapists and Chiropractors for the treatment of localized physical injuries. As a cutting edge technology, phonophoresis is currently being studied to administer a vast array of medications.



One of the greatest benefits to using medicated gel with phonophoresis is that the pain relieving ingredients can be applied specifically to a desired area. Consuming drugs like oral painkillers and anti-inflammatories means applying them to the entire body in equal amounts. With oral medication, you end up drugging your entire body (including

your vital organs) even if you only need pain relief in one specific area. Therefore, pain killers and anti-inflammatory drugs, when used over a period of time, can cause other problems. When consuming these potentially dangerous drugs, you can increase your chances of heart disease, strokes, and skin reactions. Many doctors state that painkillers and anti-inflammatory drugs are the second leading cause of stomach ulcers.

When combining the use of ultrasound therapy with a phonophoretically administered ultrasound gel containing natural, medicinal ingredients you'll receive maximum benefits and no unpleasant side effects. Taking this combined two-step approach in relieving your pain and inflammation will help you recover faster and reduce chances of future injury!

For more information, along with direct links to many phonophoresis studies, please visit www.aidmyplantar.com/links.php.

Proof Ultrasound Therapy Works

Consumers today are constantly subjected to hype and outrageous claims made by some sellers of medical products. Smart consumers want to see proof that a certain treatment option works as claimed.

We here at MendMeShop.com are no different, and this is why we are presenting you with a number of medical studies that were conducted at leading universities, medical centers, and hospitals throughout the world.

Therapeutic ultrasound has been successfully used by medical professionals to treat plantar fasciitis and heel spur inflammation.

Ultrasound Increases the Rate of Tissue Regeneration

University of Oxford, England

Oxford University concluded that ultrasound is of great use therapeutically. It helps repair the injured tissue, is a painless application, and does not have any apparent side effects.

The study proved that ultrasound therapy increased the rate of tissue regeneration (cell growth) favorably compared with the group that received mock therapy. It affected the flow of blood through regenerating cells, which appeared to improve the injured area and stimulate healing. This was quite dramatic in treating early scar

tissue.

The ultrasound therapy resulted in an increased amount of procollagen deposits, a little generation of heat in the tissue, micro-massage and changes in membrane permeability (changes in the thin layer around cells to allow molecules to pass through it). It noted that increase in temperature is unlikely to be an important factor in stimulating regeneration. However, continuous movement of the ultrasound transducer head while treating the injured area, was essential to success (eliminates standing waves).

Next, the University of Iowa shows that ultrasound therapy is an excellent choice in healing soft tissue injuries as well as the symptoms associated with it.

Ultrasound Shown to Speed Healing and Relieves Pain and Inflammation

University of Iowa, USA

In 1998, a medical study conducted at the University Of Iowa declared that ultrasound is the best form of heat treatment for soft tissue injuries. It is used to treat joint and muscle ailments, bursitis, and tendonitis.

Ultrasound treatment is used to:

Relieve pain and inflammation

Speed healing

Reduce muscle spasms and

Increase range of motion

Ultrasound makes high frequency sound waves.

The sound waves vibrate tissues deep inside the injured area. This creates heat that draws more blood into the tissues. The tissues then respond to healing nutrients brought in by the blood and the repair process begins.

Treatment is given with a sound head that is moved gently in strokes or circles over the injured area. It lasts just a few minutes. The procedure may be performed with the sound head alone or combined with a topical anti-inflammatory drug or gel.

Ultrasound treatment is often used by physical therapists, trainers, and many other healthcare providers. It is very safe and is never used around the eyes, ears, ovaries, testicles, or spinal cord, or where there is an active infection.

Copyright (c) 1998. HBO & Company (602) 230-7575. All Rights Reserved. University Of Iowa Hospitals & Clinics - <http://www.uihealthcare.com/topics/sportsmedicine/spor3358.html>

The next study was conducted at Tulane University in New Orleans. In this study, ultrasound therapy was shown to help repair damaged cartilage. Remember, damaged cartilage leads to arthritis if not effectively treated early on. This is why early ultrasound treatment is so important.

Damaged Cartilage can be Repaired with Ultrasound

[Tulane University, New Orleans](#)

In the journal of clinical orthopedics and related research, a study was done by Tulane University School of Medicine in New Orleans to investigate

improved cartilage repair after treatment with low-intensity pulsed ultrasound. It found that low-intensity pulsed ultrasound accelerated bone healing via cartilage formation and bone formation. They determined that ultrasound treatment significantly improved features and characteristics of the repair cartilage compared with the non-treated controls. Better repair with less degenerative changes were seen in damages treated with ultrasound. Also, they noted that ultrasound treatments of 40 minutes per day significantly increased the quality of the cartilage repair and had a positive effect on healing.

Cook SD; Salkeld SL; Popich-Patron LS; Ryaby JP; Jones DG; Barrack RL. Tulane University School of Medicine, Department of Orthopedic Surgery, New Orleans, LA 70112, USA. Improved cartilage repair after treatment with low-intensity pulsed ultrasound. Clin Orthop Relat Res. 2001; (391 Suppl):S231-43 (ISSN: 0009-921X)

Here is an interesting study conducted at two U.S. hospitals which concluded that ultrasound therapy, particularly when used with medicated ultrasound gel, will reduce pain, increase blood flow, reduce muscle spasm, and allow for cell membrane permeability.

Ultrasound will Break Down Scar Tissue

[Sewlicky Valley Hospital & Ohio General Hospital, USA](#)

Emedicine published an article by Milton J. Klein from the department of physical medicine and rehabilitation at the Sewickley Valley Hospital

and Ohio Valley General Hospital about deep heat therapy. He stated that for a 5 - 10 minute ultrasound treatment with an ultrasound gel, the patient should experience a comfortable heating or no sensation at all.

He noted that therapeutic ultrasound will cause temporary analgesia (absence of sense of pain), increased blood flow and cell membrane permeability (allow cells or fluid to flow through membrane), and relief of muscle spasms. Ultrasound used with a medicated gel (phonophoresis) and a physical therapy exercise program will help breakdown scar tissue and joint adhesions, permitting more movement in the joint.

The next medical study was published in the American Journal of Physical Medicine and Rehabilitation. It showed that ultrasound therapy can be beneficial in treating myofascial pain.

Painful Muscular Condition Responds to Noninvasive Ultrasound Treatment!

American Journal of Physical Medicine and Rehabilitation

Ultrasound treatment of a painful muscular condition known as myofascial pain is as effective as an earlier therapy, which consists of injecting painful places in the muscle called trigger points, according to Turkish investigators. Their findings, which were published in the American Journal of Physical Medicine and Rehabilitation, suggest that physicians offer patients ultrasound, which is less

invasive than injection therapy.

“The effectiveness of ultrasound therapy is comparable to trigger point injections and should be offered as a noninvasive treatment of choice, especially to the patients who want to avoid injections”

- quoted from the study.

This study involved 102 patients who had trigger points on one side of the upper trapezius. The individuals' pain had lasted from six months to seven years. The subjects were grouped randomly to receive ultrasound with neck-stretching exercises, trigger point injections with neck-stretching exercises, or neck-stretching exercises only. The average age of the 38 men and 64 women was 31 years. Pain intensity was assessed by patients describing their pain on a scale of 0 to 10.

Compared with controls, both treatment groups had a statistically significant reduction in pain intensity and an increase in both PT and range of motion at two-week and three-month follow-up assessments after treatment. Controls showed no improvement; there were no differences between the ultrasound and the trigger point injection groups.

Vital Information:

- Myofascial pain is a chronic condition that affects the connective tissue covering muscles.
- Ultrasound is just as effective a treatment as trigger point injections and should be offered as an alternative since it is a less invasive procedure.

A leading school in Korea, Inha University, concluded

in the next study that therapeutic ultrasound could reduce the severity of osteoarthritis-induced structural damages in the cartilage and synovium.

Osteoarthritis Sufferers Respond Well to Ultrasound

The Journal of Ultrasound in Medicine & Biology, Korea

The journal of Ultrasound in Medicine & Biology published a study by the Department of Physiology at Inha University's College of Medicine in Korea. They investigated the alleviation of osteoarthritis by ultrasound with hyaluronate injection. They applied 10-minute low-intensity ultrasound to subjects' knees in combination with hyaluronate injections and found that it reduced the synovial fluid volume in their synovium (soft tissue lining the knee joint) and also alleviated the growth of proteins in the fluid. Overall the combined hyaluronan and ultrasound treatment reduced the severity of osteoarthritis-induced structural damages in the cartilage and synovium

The next study, from Taiwan, emphasized the importance of therapeutic ultrasound for the treatment of osteoarthritis, which can be an issue that causes back pain.

Ultrasound Prevents and Repairs Damage Caused by Arthritis

Kaohsiung Medical College, Taiwan

In 1997 the Department of Rehabilitation Medicine at Kaohsiung Medical College in Taiwan conducted studies that found ultrasound helps cartilage repair in early stages of osteoarthritis and prevents deterioration in later stages. They determined that therapeutic ultrasound enhances the synthesis of arthritic cartilage which facilitates the repair and prevents further damage.

Kaohsiung J Med Sci. Huang MH, Tsau JC, Ding HJ, Chai CY, Yang RC. The role of mucopolysaccharide induction in treatment of experimental osteoarthritis in rats by ultrasound. 1997 Nov; 13(11):661-70. PMID: 9425864 [PubMed - indexed for MEDLINE]

In addition to treating back ailments, ultrasound is shown to be very beneficial in treating many other soft tissue injuries or other conditions. Many people suffer from more than one injury at any given time.

The following study conducted in Austria concluded that therapeutic ultrasound can be beneficial for the treatment of calcific tendonitis of the shoulder.

Relief of Shoulder Tendonitis and Calcification with Ultrasound Therapy

University of Vienna, Austria

Background: Although ultrasound therapy is used to treat calcific tendonitis of the shoulder, its efficacy has not been rigorously evaluated. We conducted a randomized, double-blind

comparison of ultrasonography and sham insonation in patients with symptomatic calcific tendonitis verified by radiography.

Results: We enrolled 63 consecutive patients (70 shoulders). Fifty-four patients (61 shoulders) completed the study. There were 32 shoulders in the ultrasound-treatment group and 29 in the sham-treatment group. After six weeks of treatment, calcium deposits had resolved in six shoulders (19 percent) in the ultrasound-treatment group and decreased by at least 50 percent in nine shoulders (28 percent), as compared with respective values of zero and three (10 percent) in the sham-treatment group ($P=0.003$). At the nine-month follow-up visit, calcium deposits had resolved in 13 shoulders (42 percent) in the ultrasound-treatment group and improved in 7 shoulders (23 percent), as compared with respective values of 2 (8 percent) and 3 (12 percent) in the sham-treatment group ($P=0.002$). At the end of treatment, patients who had received ultrasound treatment had greater decreases in pain and greater improvements in the quality of life than those who had received sham treatment; at nine months, the differences between the groups were no longer significant.

Conclusions: In patients with symptomatic calcific tendonitis of the shoulder, ultrasound treatment helps resolve calcifications and is associated with short-term clinical improvement.

This next reference, from the Cochrane Database of Systemic Reviews, further indicates that ultrasound is quite beneficial in treating arthritic conditions.

Ultrasound Therapy is Helpful in the Treatment of Rheumatoid Arthritis

Cochrane Database of Systematic Reviews

Ultrasound therapy has been proven to be helpful in the treatment of rheumatoid arthritis because it has analgesic (painkiller) properties and helps with inflammation. As a result of this, it is used frequently by qualified health professionals. The research in this study concluded that ultrasound alone increased strength and flexion, decreased morning stiffness, and reduced the number of painful and swollen joints.

In this Brigham Young University study, the conclusion was that a combination of a hot pack and therapeutic ultrasound allowed muscles to warm more quickly, potentially preventing injuries related to stiff muscles such as strains, and allowing for a larger range of motion.

Hot-Pack and 1-MHz Ultrasound Treatments Have an Additive Effect on Muscle Temperature Increase

Brigham Young University, Utah

Objective: Therapeutic ultrasound is an effective deep heating modality commonly applied alone or after cooling or heating of the treatment area. The purpose of this study was to examine the tissue temperature rise in the human triceps surae muscle group after ultrasound with prior heating via a silicate gel hot pack.

Subjects: Twenty-one uninjured male and female college student volunteers were randomly assigned to one of the two pack groups.

Measurements: The hot packs were stored in 75°C water. A 1-MHz ultrasound treatment was administered for 10 minutes at an intensity of 1.5 W/cm.

Results: At both tissue depths, there was a 0.8°C greater increase in tissue temperature with hot packs and ultrasound. At 1 cm, ultrasound increased temperature 3.5°C after a 0.5°C rise during the room temperature-pack application, but only 0.6°C after a 3.8°C increase during hot-pack application. At 3 cm, ultrasound increased temperature 3.85°C following a slight (-0.26°C) decrease during the room temperature-pack application and 3.68°C after a 0.74°C increase during hot-pack application.

Conclusions: Vigorous increases in deep muscle temperature (=4°C) can be reached with 2 to 3 minutes less total sonation time when preheated with a hot pack. Thus, ultrasound and hot packs have an additive effect on intramuscular temperature, but the characteristics of the additive effect are different, primarily because there appears to be a tissue temperature plateau.

Department of Physical Education, Brigham Young University, Provo, UT 84602 - Preventive

In this Italian study, therapeutic ultrasound was shown to help relieve pain associated with arthritis.

Therapeutic Ultrasound Relieved the Pain Associated with Arthritis

The AIMCA Study

A study on treatment strategies for Osteoarthritis in General and Specialist Practices in Italy found that there is evidence of pain relief when using ultrasound and other thermotherapy applications (treatment of disease by local application of heat through hot packs, hydrotherapy, ultrasound therapy, laser therapy, radiant heat, diathermy).

Next, a leading Canadian hospital shows therapeutic ultrasound could be beneficial in treating bone fractures.

The Effect of Low-Intensity Pulsed Ultrasound Therapy on Time-to-Heal on Fractures

Oncidium Health Group Inc., Burlington, Ontario

Background: The effect of low-intensity ultrasonography on fracture healing is controversial, and current management of fractures does not generally involve the use of ultrasound therapy. We describe a systematic review and meta-analysis of randomized controlled trials of low-intensity pulsed ultrasound therapy for healing of fractures.

Results: Three trials, representing 158 fractures. The pooled results showed that time to fracture healing were significantly shorter in the groups

receiving low-intensity ultrasound therapy than in the control groups.

The weighted average effect size was 6.41 (95% confidence interval 1.01-11.81), which converts to a mean difference in healing time of 64 days between the treatment and control groups.

Interpretation: There is evidence from randomized trials that low-intensity pulsed ultrasound treatment may significantly reduce the time to fracture healing for fractures treated nonoperatively.

*From *the Oncidium Health Group Inc., Burlington, Ont.; the Departments of Clinical Epidemiology and Biostatistics, Orthopaedics and Psychiatry, McMaster University, Hamilton, Ont.; the Department of Surgery, Hospital for Sick Children, University of Toronto, Toronto, Ont.; and **the Chedoke Rehabilitation Centre, Chedoke - McMaster Hospital, Hamilton, Ont. <http://www.cmaj.ca/cgi/content/abstract/166/4/437>.*

The next study, from the American Journal of Sports Medicine further shows the effectiveness of therapeutic ultrasound as a treatment option for injured soft tissues. While the study focused on knee tissue, the same concepts would still apply to other soft tissue injuries, including those located in the back.

Therapeutic Ultrasound Linked To Knee Tissue Repair

American Journal of Sports Medicine

A lot of osteoarthritic knee conditions result from previous knee injuries and improper healing. In 2005, a study was published in the American Journal of Sports Medicine that analyzed “The

effects of low-intensity ultrasound on medial collateral ligament healing”. It found that ultrasound appears to increase the amount of type I collagen and improve some structural properties.

The study concluded that ultrasound treatments after a knee ligament injury might help people return to activities earlier and decrease their risk of re-injury.

Karen J. Sparrow, PT, PhD, Sheryl D. Finucane, PT, PhD, John R. Owen, PE and Jennifer S. Wayne, PhD First published on May 11, 2005, doi:10.1177/0363546504267356 This version was published on July 1, 2005 The American Journal of Sports Medicine 33:1048-1056 (2005) © 2005 American Orthopedic Society for Sports Medicine.

The following study outlines the beneficial results in treating patients with **Carpal Tunnel Syndrome**. Along with back injuries, CTS affects millions of workers every year, especially those who work in a job that requires a lot of repetitive tasks.

Effects Of Ultrasound Treatment In Carpal Tunnel Syndrome & Tips From Other Journals

American Academy of Family Physicians

The use of splints, local corticosteroid injections and surgical decompression has limited effectiveness in the treatment of carpal tunnel syndrome. Ultrasound therapy applied to the wrist may induce an anti-inflammatory effect that could provide relief of symptoms of carpal tunnel syndrome.

Ultrasound therapy was administered daily for 10

days, followed by twice-weekly treatments for five weeks.

At the end of treatment, satisfactory improvement or complete remission of symptoms was noted in 23 of 34 wrists (68 percent) treated with ultrasound and in 13 of 34 wrists (38 percent) receiving sham treatment. Thirty of the 34 patients completed the six-month follow-up assessment. At that time, satisfactory improvement or complete relief of symptoms was noted in 74 percent of the actively treated wrists (22 of 30 wrists). This degree of improvement was noted in 20 percent of the wrists receiving sham treatment (six of 30 wrists).

Motor distal latency and velocity of sensory nerve conduction were both significantly improved in the active treatment group but remained unchanged in the sham group. Hand grip, finger-pinch strength and the patients' overall impressions were significantly better in the active treatment group, both immediately following therapy and at the six-month assessment. No side effects were reported, and use of analgesics was low.

The authors conclude that ultrasound therapy provides good short-term relief of symptoms in patients with moderate carpal tunnel syndrome and that the beneficial effects persist for at least six months.

Ebenbichler GR, et al. Ultrasound treatment for treating the carpal tunnel syndrome: randomized "sham" controlled trial. BMJ March 7, 1998;316:731-5.

The next study was published in the Arthritis Care & Research Journal. It shows that ultrasound can be an effective tool for increasing range of motion in

the knees, as well as reducing pain and inflammation.

Ultrasound Increases Range of Motion

Arthritis Care & Research Journal

In 1992, the journal Arthritis Care & Research published a study analyzing the effect of ultrasound on mobility in osteoarthritis of the knee. They determined that ultrasound in conjunction with exercise increases soft tissue extensibility and may be an effective therapy in improving knee range of motion (flexion and extension), decreasing pain and increasing walking speed.

Arthritis Care Res. 1992 Mar; 5(1):29-35. Effect of ultrasound on mobility in osteoarthritis of the knee. PMID: 1581369 [PubMed - indexed for MEDLINE].

The next study, as was an earlier study, was also conducted at the Kaohsiung Medical College in Taiwan. It concluded that ultrasound therapy can facilitate the repair of damaged cartilage and prevent further deterioration.

The Importance of Therapeutic Ultrasound for Osteoarthritis

Kaohsiung Medical College (Taiwan)

In 1997 the Department of Rehabilitation Medicine at Kaohsiung Medical College in Taiwan conducted studies that found ultrasound helps cartilage repair in early stages of osteoarthritis and prevents deterioration in later stages. They determined that therapeutic ultrasound enhances

the synthesis of arthritic cartilage which facilitates the repair and prevents further damage.

Kaohsiung J Med Sci. Huang MH, Tsau JC, Ding HJ, Chai CY, Yang RC. The role of mucopolysaccharide induction in treatment of experimental osteoarthritis in rats by ultrasound. 1997 Nov; 13(11):661-70. PMID: 9425864 [PubMed - indexed for MEDLINE]

The next study was published in Swiss Medical Weekly. It concluded that a 30% improvement was seen in patients who used ultrasound therapy to reduced their pain and inflammation.

Additionally, it increased the range of motion in their knees, giving them an increase in walking speed.

Knee Arthritis Relieved By Ultrasound

Swiss Medical Weekly

In June 2003, Swiss Medical Weekly published a study by the Department of Physical Medicine and Rehabilitation at Cukurova University. The study concluded that there was a 30% improvement noted patients with knee osteoarthritis who received ultrasound therapy. Their pain levels, knee range of motion and walking speed all improved after 10 sessions.

The following study from the Chongqing University in China has indicated the benefits of ultrasound in repairing damaged cartilage.

Speeding Recovery of Damaged Cartilage with Ultrasound

Chongqing University (China)

The Chinese journal of traumatology published a study from the Institute of Ultrasonic Engineering in Medicine at Chongqing University of Medical Sciences in 2005 that examined the effects of low intensity pulsed ultrasound in repairing injured articular cartilage. They concluded that low-intensity pulsed ultrasound can accelerate the repair of injured articular cartilage.

Jia XL; Chen WZ; Zhou K; Wang ZB 2005; 8(3):175-8 (ISSN: 1008-1275). Effects of low-intensity pulsed ultrasound in repairing injured articular cartilage. PreMedline Identifier: 15896276.

Next is another Canadian study, showing that therapeutic ultrasound is beneficial in managing rheumatoid arthritis.

Ultrasound Effective In Managing Rheumatoid Arthritis

The Ottawa Panel

The journal of Physical Therapy published a study completed by the Ottawa Panel that found the use of low-level therapeutic ultrasound, laser therapy; thermotherapy, electrical stimulation and transcutaneous electrical nerve stimulation were effective for the management of rheumatoid arthritis.

Ottawa Panel Evidence-Based Clinical Practice Guidelines for Electrotherapy and Thermotherapy Interventions in the Management of Rheumatoid Arthritis in Adults. Phys Ther. 2004 Nov;84(11):1016-

43. PMID: 15509188 [PubMed - indexed for MEDLINE]

Loyola University in Chicago stated that ultrasound treatment conducted on a patient in their care increased the range of motion in the patient's knees.

They also concluded that ultrasound might be beneficial in the reduction of pain and inflammation. Not only that, it is implied that torn tissue can lead to osteoarthritis, so this makes it important to begin ultrasound treatments as soon as possible.

Range Of Motion Increase On Torn Meniscus With Ultrasound Treatment

Loyola University

A study found in the Archives of Physical Medicine and Rehabilitation conducted by Loyola University Medical Center in Illinois, investigated the efficacy of therapeutic ultrasound treatment of a meniscus tear in a severely disabled 21 year-old patient.

This study reported that the patient experienced decreased pain with ultrasound therapy. Further more the study reported that the patient experienced an increased range of motion of his knee with ultrasound therapy.

The study concluded that therapeutic ultrasound may be a beneficial method to decrease pain and increase mobility of the knee in an acutely torn meniscus (a torn meniscus can lead to osteoarthritis).

Much© JA, Loyola University Medical Center, Hines, IL, USA. Efficacy of therapeutic ultrasound treatment of a meniscus tear in a severely disabled patient: a case report. Arch Phys Med Rehabil. 2003; 84(10):1558-9 (ISSN: 0003-9993). PreMedline Identifier:

14586926

The next study was conducted in Taiwan, at the National Taiwan University. Not surprisingly, ultrasound treatment was proven to be very significant in helping arthritis patients increase the range of motion in their knees.

Ultrasound Can Increase Range Of Motion In The Knee

National Taiwan University

A study from the School of Rehabilitation Medicine at the National Taiwan University was published by the Journal of Formosan Medical Association. It investigated the effect of ultrasound with therapeutic exercise on 94 osteoarthritic knees.

They concluded that all patients had significant improvement in both functional capacity and peak torque (application of force in rotation) when an exercise program was used along with ultrasound diathermy.

Jan MH; Lai JS. The effects of physiotherapy on osteoarthritic knees of females. J. Formos Med Assoc. 1991; 90(10):1008-13 (ISSN: 0929-6646)

Finally, the next study conducted in Taiwan indicated that ultrasound can speed healing rates of fibula fractures.

Ultrasound Treatment On Fractured Fibulas in Rabbits

Institute of Biomedical Engineering, Chung-

Yuan Christian University (Taiwan)

In recent research, the Institute of Biomedical Engineering at Chung-Yuan Christian University in Taiwan, scientists divided 45 adult New Zealand White rabbits with uniformly fractured fibulas into control, microwave-treated, and ultrasound-stimulation groups.

After ultrasound stimulation, new bone formation at the fracture site was 23 to 36% faster, compared with the sham-treated bone; in addition, torsional stiffness of the ultrasound limb was up to 80% greater than the stiffness of the ultrasound-free bone. Meanwhile, the microwave-hyperthermia treatment was unable to produce statistically significant improvements in bone healing or strength.

3 Therapeutic Ultrasound - Effective Therapy for Plantar Fasciitis

Judging by the studies in the previous chapter, it's clear that there is a vast quantity of research available from leading universities and top medical institutions that prove the many benefits of therapeutic ultrasound treatments.

Until recently, proper ultrasound therapy was only available in doctors' offices, physical therapist clinics and chiropractor clinics. However, thanks to MendMeShop's innovative team of doctors and engineers, you can now benefit from this powerful and precise technology in the privacy and comfort of your home. It's no longer necessary to attend inconvenient and costly appointments. High quality therapeutic ultrasound is available using a MendMeShop ultrasound unit!

Why Do So Many Plantar Fasciitis Sufferers Consider Therapeutic Ultrasound A Must-Have Treatment?

It Speeds Recovery of Fascia Tears

Ultrasound treats your plantar fasciitis and/or heel spur pain at the source; it does not merely mask the pain like many other treatments do. Therapeutic

ultrasound treatment increases nutrient and oxygen rich blood flow to the fascia area, nourishing injured cells while flushing wastes and toxins away from the area. This increased blood flow treats the tears and inflammation that are causing your pain. In addition, by healing the tissue you reduce the risk of further re-injury and future chronic foot conditions.

It Helps You Avoid the Use of Harmful Medications and Further Damage

Pain and anti-inflammatory medications may be effective at reducing your pain temporarily; however, there are other issues to consider. First, we know that when used over a long period of time, anti-inflammatory medications can have serious side effects such as ulcers and even heart problems and strokes. As well, they only mask the cause of your pain. With the pain in your fascia reduced, you continue to walk on it and use it as though it isn't injured. This only causes more damage to your plantar fascia resulting in more pain and a longer recovery. Why use medications if you don't have to? With therapeutic ultrasound you can treat your injury without treating your entire body and prevent further damage to your fascia.

It Breaks Down Scar Tissue

Scar tissue is a major problem in all soft tissue injuries. Although, it may seem contradictory because scar tissue develops as a result of the healing process; it can cause pain and it makes the area more prone to re-injury. Here's why. When you sustain a soft tissue injury, your body begins to heal itself. As it does this, scar tissue builds up on the plantar fascia. The buildup of scar tissue decreases flexibility which makes the tissue susceptible to re-injury. Every re-injury delays the healing process, but what's worse is that with each healing cycle the amount of scar tissue increases. Scar tissue is hard, inflexible, and tough to get rid of! But don't despair; ultrasound therapy is proven to break down deposits of scar tissue and help prevent new scar tissue from forming!

It Helps You Reduce Pain to Function Throughout the Day

Let's face it, many of us can't afford to take a number of weeks off to rest an injured foot. Ultrasound greatly increases your chances of a quick recovery, plus it provides you with some immediate pain relief. Whether you need to go to work, shopping, or even travelling, MendMeShop's portable ultrasound unit can make it easier to function and enjoy yourself, no matter where your busy life takes you!

For example, we have a dedicated group of arthritis sufferers who use our ultrasound device to ease the pain during flare-ups. Ultrasound obviously can't cure arthritis, but it does lessen pain during

flare-ups and helps combat atrophy. Atrophy is the weakening and reduction in body tissue when not used/exercised on a regular basis.

It Energizes Your Life and Overall Well-Being

When you feel good, you have a more positive outlook on life. If you're in constant pain, you carry around a mental and physical burden every waking hour. It might almost seem like the pain takes over your life - don't let this happen! Take control of your own therapy and put plantar fasciitis behind you.

The versatility of therapeutic ultrasound makes it an ideal choice in treating most forms of muscle and soft tissue injuries. Ultrasound is a safe and effective treatment option to help you treat any soft tissue injuries you may have. The facts cannot be disputed - ultrasound is recommended by many doctors and physical therapists as the treatment of choice, backed by a significant amount of research!



Ultrasound Specifications:

- Input Power: 120VAC / 24VDC 200mA adaptor
- Timer: 5 / 10 / 15 minutes, three timer setting, default levels 15 minutes
- Ultrasound Frequency: 1+-10% M Hz
- Pulsed Duty cycle: L~12.5% ; M~25% ; H~40%
- Pulse Repetition Rate: 60Hz
- Pulse Mode: Pulse 50% and intermittent pulse 25%

Contact Information:

To learn more about therapeutic ultrasound and/or possibly obtaining your own ultrasound device for less than the cost of a few doctor visits, please call MendMeShop directly toll free at: 1-866-237-9608

Are phones not your thing? Feel free to send us an email anytime at: service@mendmeshop.com.

We hope to hear from you soon!



4 Breakthrough Treatment #2

Blood Flow Stimulation Therapy

Your body can heal itself! In fact, your body starts healing itself the moment you are injured and it's the blood in your body that makes it all happen. It carries oxygen and nutrients to your injured tissue to begin the healing process. Proper blood flow is essential to healing. Unfortunately, when we have an injury we need to rest the area to prevent further damage. In addition, when we feel the pain that comes with plantar fasciitis or a heel spur we tend to favor the tender foot. As circulation is limited to the tough dense tissue in the plantar naturally and we begin to limit movement, blood flow to the foot slows to a trickle. To speed up the healing process, you need to keep your blood flowing in your inflamed foot and this is where Blood Flow Stimulation Therapy becomes a powerful tool. Blood Flow Stimulation Therapy, or BFST, compliments your body's natural healing process by promoting the flow of blood to your inflamed fascia or heel spur while you rest.

Many people ask us, "Is Blood Flow Stimulation Therapy safe?" The answer is yes, this therapy is very safe. The Inferno Wrap™ utilizes the same energy, in fact, that is necessary to all living things for optimum health. The MendMeShop Inferno Wrap™ uses the same energy that is part of the sun's invisible spectrum of light. If we do not receive enough of this same energy from the sun, we become ill and depressed. All life forms on this planet; animals,

plants and humans, need this abundant energy to be completely healthy. The sun's energy rays heat our body by a process called conversion. Through conversion, these rays can penetrate organic substances such as the human body without heating the air in between. The energy emitted from the patented technology of the Energy Web™ inside the Inferno Wrap™ penetrates deeply into your fascia, muscles and tissues, speeding oxygen flow and increasing circulation.

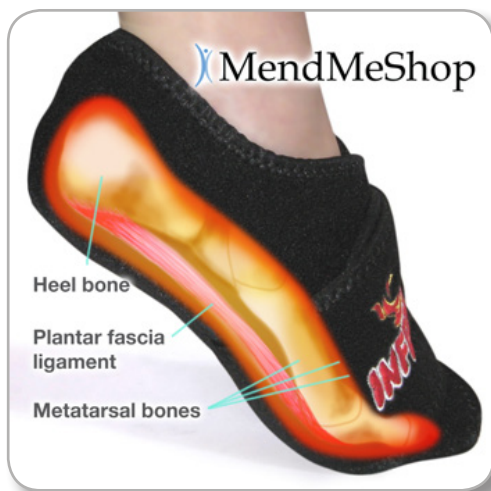
By utilizing this energy instead of traditional healing methods, you enable the warmth to penetrate deeper into your body without the skin discomfort of hot air, hot towels, and some pain relief gels/creams. This enables those using this device as a form of heat to use it for longer periods of time. However, less discomfort is just one of many benefits of the Inferno Wrap™ device.



Benefits of Inferno Wrap™

Speeds Recovery From Soft Tissue Injuries 10 Times Faster Than Ultrasound

The Inferno Wrap™ delivers the most effective Blood Flow Stimulation Therapy with every use. It does this in two ways. First, with a larger surface area of your foot covered by the Energy Web™, more stimulation occurs and your plantar will receive a greater amount of blood flow than with ultrasound therapy. Second, an Inferno Wrap™ treatment can be used safely for a longer period of time than ultrasound, prolonging the blood flow and healing process. The nutrient and oxygen rich blood will heal your plantar fascia and reduce your heel spur inflammation faster than any other therapeutic method.



It Prepares the Fascia for Use

As you sleep, the plantar fascia constricts or shortens in length. Therefore, in the morning when you take your first steps, it stretches which can cause tiny tears. When you use the Inferno Wrap™ in the morning before you take your first steps, you warm the tissue and prepare it for use. This minimizes the tearing that can occur as the plantar fascia is stretched from its constricted state. In addition, using the Inferno Wrap™ prior to any activity can reduce the risk of re-injury. A treatment after activity will help to heal any damage that may have occurred.

It Helps You Avoid Consuming Dangerous Drugs

Like ultrasound therapy, Blood Flow Stimulation Therapy is a natural way to reduce pain and inflammation in your plantar fascia or heel. With BFST you can minimize or eliminate the need for potentially harmful NSAIDs. By treating your pain instead of just masking it, you reduce future pain and prevent further damage. There is no need to medicate your entire body when you experience foot pain you just need an Inferno Wrap™.

If you suffer from chronic plantar pain you cannot use medication to treat your pain for a prolonged period of time without the risk of side effects such as stomach ulcers, heart problems and stroke. By treating your foot with the Inferno Wrap™ daily you can manage your chronic pain without putting your body at risk.

It Reduces the Risk of Chronic Conditions

When an injury goes left untreated and soft tissue is damaged over time, there is a greater risk that a chronic condition may start. Tendonitis, arthritis, or fallen arches can all become a lifelong problem when plantar fasciitis is not treated properly. The Inferno Wrap™ promotes faster and more complete healing, reducing the risk of these painful conditions that can affect every aspect of your life.

It Eliminates Toxins From the Injured Area

We all want to keep our body as healthy as we can and one way to do that is to eliminate the buildup of toxins. By increasing blood flow to your foot, the damaged cells and other toxins are whisked away from the site. The Inferno Wrap™ assists the body's natural elimination process and keeps the area clean for more complete healing.

Some Conditions that MendMeShop Customers Treat With The Plantar/Spur Inferno Wrap™

- Plantar fasciitis
- Heel spurs
- Gout
- Arthritis pain and inflammation
- Tendonitis
- Arch pain
- Turf toe
- Bruised heel
- Hammer toe
- Claw toe
- Other soft tissue injuries and chronic foot conditions

Here's What Inferno Wrap™ Users Have To Say:

I Could Feel Relief With The Inferno Wrap After One Use

I have been using the inferno wrap for about 3 weeks now and the results are outstanding. I could feel relief after the first use of the inferno wrap.

About 2 years ago the doctor told me I had plantar fasciitis and heel spurs. The heel of my feet hurt so badly, I could hardly walk. Getting out of bed in the mornings was pain beyond belief. After going to the doctors and getting cortizone injections, ordering custom made insoles, exercises, taping my arch, and therapy, my feet were still hurting. I stopped the doctor visits for lack of relief. I was paying out so much money with no results. Not knowing what else to do, I prayed and asked God to show me what I could do to get relief.

*“the
results are
outstanding”*

I came across the mendme website and read the entire article on foot problems and the products. What it said made so much sense to me. I love the way it talks about the body and explain how it should work. What really drew me the most and encouraged me to order was: the site said your body was designed to heal itself.

I am a firm believer in organic healing and avoiding medication and surgery whenever possible. When I read about the blood flow I was sold on the product. I know that blood is the life of the body. When I wear the inferno wrap I don't want to take it off. It gives relief and warmth right where it hurts. I will be ordering other products for the feet as well.

Yolanda, Georgia

Help Treat and Prevent Various Knee Injuries

I sustained a re-injury to the lateral right knee in a hiking incident on a wet path. Initially, I treated with anti-inflammatory medication, ice, elevation and knee brace. This injury was very similar to the previous knee injury, so I thought my knee would heal without seeking orthopedic evaluation. I started using a heating pad with a massage feature to relieve pain and found that the heat helped tremendously, but did not radiate deep enough into my knee.

*“I am now
pain free”*

Since I am a Certified Rehabilitation RN, I started researching the Internet looking for a product that would provide radiant heat. I was happy to discover your Inferno Knee Wrap. I have been using it several times a day for several weeks and I am now pain free and functionally able to resume all activities. I still continue using the Inferno Knee Wrap on a daily basis in hopes that I can prevent another knee injury.

Thank you for such a wonderful product.

Ann Block, Louisiana USA

College Basketball Referee Solves Achilles Tendonitis With Ultrasound and Inferno

At the age of 48 I have figured out that my body is not keeping up with the activities that I want to pursue. I am very active and referee high school and college basketball. At 44 I ruptured my right Achilles tendon while refereeing a ball game. After surgery I was determined to keep this from happening again.

*“My pain
has gone
away”*

Four years later I started experiencing burning and pain in the other Achilles tendon. I went to the orthopedist and he started me on physical therapy. PT consisted of ultrasound treatments. After spending over \$400, \$80 a week (2 PT treatments a week) I was released from therapy. I did some research on the internet, and I found a personal ultrasound unit from Mendmeshop.com. I purchased the unit along with an Inferno Wrap, and started using the units daily. My pain has gone away and I am running on the treadmill again. Thanks.

Jeff Darr, Monroe NC

Only Ultrasound and the Inferno Worked For My Sprained Ankle

I'm treating a recent ankle sprain. The injury occurred while playing volleyball.

RICE (Rest, Ice, Compression, Elevation) alone or in the past did not seem to really help. I've tried other herbal remedies that didn't appear to help or still took a long time to recover. I did an internet search for a quicker recovery process.

I can tell immediately after each use that there is definitely less pain to the touch.

Using Ultrasound as a means of therapy was a totally new concept to me. And I always felt heat therapy worked better for me. Now I know why, because it promotes circulation and healing.

That's why I also purchased the Inferno Ankle Wrap. At first I did not feel it was providing enough heat. However, my foot was always sweating after each use! With other solutions the temperature was never constant and sometimes I would burn my foot. I knew from my past ankle sprain on my other leg that it took forever to heal. Even 2 years later, I still felt it move. This time I wanted to make sure it did not happen again.

I'm doing surprisingly well with my ankle so far. I played volleyball the following week and back to usual routine the week after, snowboarding one day and volleyball the next. Even though I'm not 100% yet after 3 weeks, I feel the Ultrasound plus Inferno Ankle Wrap combination has greatly attributed to my quick recovery! I would definitely recommend both items and the customer service has been truly exceptional! Thank you!

Ching Vue

"I would definitely recommend both items"

The Back Inferno Wrap Is Amazing

So far we are very pleased with the size, light weight, flexibility and comfort of the Inferno wrap.

It is very convenient the way the cord is set up. If one has to leave the area for a moment it is much easier now because instead of removing the entire wrap or unplugging the whole thing from the wall, you can just detach at the segment. I like the on/off switch, too. It is much easier to see which setting it is on.

"we are very pleased"

Everything about this new product seems more intelligent and user friendly. A lot of thought was put into improving on the old product. Well done to all involved!!!

Rebecca Page, Texas

I Cannot Believe How Fast My Knees Are Responding

I just spoke to you on the phone in regard to my results in the use of the Inferno Knee Wrap and the Ultrasound I received about 3 weeks ago.

I cannot believe how fast my knees are responding. I was diagnosed with osteoarthritis several years ago and was told I would probably need knee replacement in a few years. I just took Advil, Aleve, Chondroitin, Glucosamine, MSM to help limit the discomfort (I will add that I have ordered a number of supplements that promised the end of knee pain but they have not worked). I have had the famous steroid injections that helped for a few weeks. I have been riding my stationary bike up to 30 minutes a day (about 3-4 times per week) since November.

In November my left knee swelled to twice its size and I could hardly walk. I saw an Orthopedic Sports Physician and was given an injection after the MRI and x-rays confirmed I had a Baker's Cyst and a slightly torn meniscus (Do not know how I tore it). I did the ice and

“I give the Inferno Knee Wrap and Ultrasound 5 stars!”

heat treatment and Aleve (800 mg every 6 hours). The swelling went down and discomfort was not as bad. I could not sit or stand for any length of time without my knees hurting and being very stiff. The physician recommended surgical repair. I was not ready for that yet so I did not do anything until March when I scheduled knee surgery. The Orthopedic Surgeon stated he could not promise to get rid of the pain and I did not need knee replacement yet. He

also said at my age, 63, I do not have enough blood flow to the knee to heal the meniscus tear. I prepared myself for surgery but then started thinking there had to be another answer since I would still have pain in my knees.

I Googled natural healing of meniscus tear and MendMeShop opened up and I read about the Inferno Knee Wrap to increase blood flow to the knees and also the Ultrasound to help heal the meniscus tear. I called the number on the web page and spoke to 2 very informative people. I was assured if I was not satisfied with the products I was ordering, I could return them for a full refund. I also read several testimonials and felt it was worth the investment.

If the next few weeks go as well as the past 3 weeks, I should be down to 1 treatment per day and not have the stiff knees I have had after sitting or standing for an extended period of time.

Thank you MendMeShop. I look forward to increased activity so I can keep up with the 7 grandchildren that keep us busy. I give the Inferno Knee Wrap and the Ultrasound 5 stars!!!

Kerlene Ross, USA

Sport Taekwondo Athletes at London Southbank University use Ultrasound / Inferno Wrap

Hi Deb, I was forwarded your email from Jo Taylor as she purchased the Platinum Knee Therapy Kit for the Sport Taekwondo focus group at London Southbank University, which I head up.

The Ultrasound has been used extensively already for all kind of knocks associated to Taekwondo. However the greatest benefit has been for our athlete who represents GBR at World level. This athlete has lateral meniscus damage and a very slight ACL tear.

However, such is the nature of the competition season surgery is not something we can really look to at this point. As such he gets periods where the lateral aspect is sore and slightly inflamed, by using the ultrasound coupled with the inferno wrap this problem has reduced significantly (he was able to spar 33 rounds over two days very recently with no problems). I believe the increased intra-articular blood flow induced by these systems has enabled such activity.

I have subsequently placed the purchasing of two more sets on the agenda of the next focus groups meeting for the other sports of rugby and basketball that are priority at the University.

Many thanks,

Dr. David Cook - Course Director Sport & Exercise and Senior L, London United Kingdom

“by using the ultrasound coupled with the inferno wrap this problem has reduced significantly”

Your Inferno Wrap is now My Inferno Wrap

I thank the One Above for having your website befall on me.

My Inferno Wrap is absolutely perfectly designed, and absolutely perfectly works as advertised. My first-20 minute treatment tells it all: My Inferno Wrap, from the get-go, provided complete relief, and unquestionable will keep doing the same on the other parts of my injured body.

My Inferno Wrap: Just Perfect. Period. Also, thank you for your patience, as I unloaded my many questions on you.

Regards and Best of Success,

Bruce, North Woodmere New York

“My Inferno Wrap, from the get-go, provided complete relief”

5 Fast and Natural Relief - Plantar/Spur Freezie Wrap™

The first thing doctors and therapist learn in school is the **RICE** (Rest, Ice, Compression, Elevation) formula for treating pain, swelling and inflammation. It is a therapy that has been used for centuries and whenever you experience plantar or heel spur pain, cold compression is the right way to treat it. Not only will cold compression reduce your pain and swelling, it minimizes inflammation reducing further damage to the area.

Cryotherapy is the use of low temperatures to remove heat from the body. Cryotherapy assists with injury treatment in three ways; less pain along with reduced swelling and inflammation. Compression therapy works in combination with cryotherapy to maximize the effectiveness of the cold on your sore foot. With the compression that a MendMeShop Freezie Wrap™ applies, the cold is driven deep into the muscles, fascia, tendons, and ligaments of your



foot. The compression also prevents the pooling of blood around the inflamed area, allowing nutrient rich blood to flow to the injury and damaged cells to be whisked away.

Benefits of the Freezie Wrap™

It Reduces Pain, Swelling and Inflammation Naturally

As mentioned earlier, using NSAIDs to reduce pain and inflammation can have serious side effects, such as stomach ulcers and/or accelerating cardiovascular diseases. Using cryotherapy (cold) and compression on your pain treats the injured area naturally. Here's how it works. When a cold pack is placed over an inflamed plantar fascia or heel spur, the heat is absorbed from the body through the transfer of thermal energy using conduction. As the area cools, pain is reduced because the nerve endings in your foot become numb; thereby decreasing the impulses you brain receives as pain. In addition, the blood vessels constrict, slowing the build-up of excess fluid and blood that can cause swelling and excess pressure.

It Reduces Further Damage and Prepares the Plantar Fascia for Healing

By applying cold compression therapy to your inflamed plantar fascia you can significantly reduce your inflammation and tissue damage, helping to prepare your body for the healing process. But how does cold compression help in the healing process? Well, damaged blood vessels cannot deliver blood or remove waste effectively. In fact, the cells around an injury consume more oxygen eventually exhausting the supply and dying. These cells and excess fluid, having nowhere to go, leak into the surrounding area causing a buildup of damaged tissue and swelling, restricting blood flow. The Freezie Wrap™ slows metabolism and lowers oxygen consumption, decreasing cell damage. With inflammation reduced and damage minimized, the body is better prepared to begin healing.

A Freezie Wrap™ is a very effective way of delivery cryotherapy and compression in one 15-20 minute treatment. The non-migrating gel inside the wrap does not freeze solid giving you a cold, comfortable therapy that covers the inflamed plantar for the entire treatment. The cold compression will make your foot feel better quickly.

Some Conditions that MendMeShop Customers Treat With the Freezie Wrap™

- Plantar fasciitis
- Heel spurs
- Gout
- Tendonitis
- Arch pain
- Turf toe
- Bruised heel
- Hammer toe
- Claw toe
- Other soft tissue injuries and chronic foot conditions

Here's What Freezie Wrap™ Users Have To Say:

Reduction in Shoulder Pain In Only One Week

Over the past eight months I have been suffering from shoulder and arm pain. I just kept thinking that the pain would go away on its own. When I reached the point where I was unable to raise my arm over my head without assistance and forget about putting my arm behind my back.

I decided that a trip to the doctor was due. She ruled out that I had an injury to the Rotator Cuff itself and determined that I had a soft tissue injury. Due to repetitive movement and heavy lifting.

She suggested that I try physical therapy. With my work schedule and family obligations I knew that was going to be very difficult and I wanted something that I could fit into my schedule. So I began doing research on the internet for alternative treatments and exercises.

That's when I found your product on the internet. I was somewhat skeptical as to rather it would perform as stated, but decided to give it a try. It was stated that it could take up to three weeks to feel results.

BUT I am here to say that for myself it has done better. I have been using the Ultrasound and the Freezie Wrap for a week and have already felt some improvement. I can now raise my arm to just about shoulder height unassisted, and can now almost get my finger tips back behind my back.

I use the Ultrasound first thing each morning and try to throw in a second treatment in the early evening if possible. I make a point of using Freezie Wrap as soon as I get home from work to relieve the stress to my muscles from work and to keep the inflammation down. Now that I have gotten some of the inflammation gone I intend to incorporate the Inferno Wrap treatment to my regiment to just before going bed to aid the healing process and aid in a better night's sleep.

Nancy Jensen, Washington

“I have been using the ultrasound and Freezie Wrap for 1 week and have already felt some improvement”

Within 9 Days I Was Walking Without A Reminder Of Achilles Tendonosis

I purchased this device along with the Inferno wrap and Freezie wrap to treat a chronic Achilles tendonosis (microscopic tears of the tendon at the insetion).

During the later part of 2008 I was experiencing a lot of tight muscle and tendons and usually working out (running) tired and not properly warmed up and limber. I started the new year with good intention and determined to work on stretching that included following a home yoga program. I am familiar with yoga but admit that I was too aggressive with the stretching that comes from the “downward dog” position. I believe this aggravated an already existing condition in the Achilles insertion area, this combined with the stress of a late January 5KM road race caused enough pain in the Achilles tendon to force me to discontinue running.

*“within 7 days
I started to
experience a
reduction in the
constant pain”*

I sought medical attention from my family physician who referred me to physiotherapy. Through the early stage of therapy I continued to do regular bike workouts. Unfortunately the pain increased to the point that I had to stop both running and cycling. I attended physiotherapy for just over two months going once a week receiving massage to the injured area, ultrasound, cortisone by patch and ice. I was religious in following the gentle stretching and strengthening routine at home between physio visits.

After these two months with little improvement they released me with the instruction to continue with the stretching, strength exercises and ice. I was still in pain and could not run or cycle without causing further damage, walking was painful. I search for other solutions and found the information on the “MendMeShop” web site. Although skeptical, I purchased the full package out of desperation, received the product, read all the literature for use and started into a daily routine using the ultrasound device one a day followed by use of the Freezie Wrap.

Within 7 days I started to experience a reduction in the constant pain. Within 9 days I was walking without a constant reminder of the injury. I tried doing a ride and although the short 13 mile ride was enjoyable I started to feel the injury flair up again.

The injury is not completely healed but the progress I am experiencing gives me hope that with a continued discipline of home treatment using the products, gentle stretching and the use of wearing a brace on my foot while sleeping to prevent the tendon from retracting, will in time bring about the full healthy healing of the injured area.

John Carey, Florida USA

Contact Information

To learn more about and/or possibly obtaining your own Freezie Wrap™ for less than the cost of a few chiropractor visits, please call MendMeShop directly toll free at:

1-866-237-9608

Are phones not your thing? Feel free to send us an email instead, anytime! Our address is:

service@mendmeshop.com.

We hope to hear from you soon!

6 Preventative Measures

How Do I Stop It From Coming Back?

Treatment is only the first step. The next step is to find out why it happened in the first place. The reasons will vary among sufferers, but as mentioned earlier there are a few factors commonly associated with increased risk of developing this condition, notably carrying excess weight and inactivity, activity overload, wearing unsupportive shoes, and faulty foot mechanics. To prevent a recurrence of plantar fasciitis these factors need to be addressed:

Drop the weight

Maintaining a healthy weight range is important in combating plantar fasciitis. Although there have been countless books, pills, and diets dedicated to finding the magic pill to weight loss, there really is no such secret. The basic principle of weight loss is simple; energy in must be slightly less than energy out. That is, don't consume more than you expend. You need to watch what you eat and get moving; if you commit to both of these goals you will see the results of a steady and safe weight loss.

Fix your gait and your shoes

Faulty bio-mechanics of your foot can be responsible for numerous foot conditions including plantar fasciitis and heel spurs; however, if left uncorrected it may lead to other complications including shin splints, runner's knee, jumper's knee, ilio-tibial band syndrome, sacroiliac joint dysfunctions, and chronic low back pain.

How do you know if you have faulty foot mechanics? Look at your shoes. Is one side of the heel more worn than the other? This is a good indication of either pronation or under-pronation (rolling out) and both lead to complications. Your best course of action is to have your gait checked by a professional. This can be done by a podiatrist, orthopaedist, or physical therapist. These days many specialty footwear stores have equipment and experts in house as well but be sure to check their credentials first.

You also need to consider your footwear. All the efforts in the world to fix your gait won't amount to much if you still insist on walking around the mall for 4 hours in your 3 inch heels or taking a hike in your sandals. If you have treated your plantar fasciitis or are still suffering from it, it is absolutely critical to the health of your feet that you wear supportive shoes. This means shoes with some arch support, a

slightly raised but stable heel, and cushioning for shock absorption. Wear hiking boots for hiking, running shoes for running and walking, and save the flip flops for the beach and the heels for the dance floor. And when recommended, use orthotics to correct your stride.

Consider what you expect from your feet

The old adage, “move it or lose it” is true to a certain point for all soft tissue. Your soft tissues are intended to be used, to be stretched, or called upon for support and strength. Of course, moving your body is a critical factor in maintaining or reducing your weight but it goes further, you need to keep all the parts of your body moving regularly in order to ensure their proper function. Immobilization and inactivity is known to cause atrophy and early fatigue in muscle tissue and can lessen the levels of collagen and water in connective tissue making it less elastic, more brittle, and weaker. For good foot health, wear sensible shoes and get those feet moving.

Of course there is another adage we need to consider - “You can have too much of a good thing”. It is not uncommon to see physical therapists’ and podiatrists’ waiting rooms filled with high-performance runners and weekend warriors. Many of us have been taught to push through the pain to achieve our goals - and this is evidenced at extreme endurance events over and over. However, if you want to be in it for the long run you have to learn to listen to your body’s signals. Foot pain means there is something wrong - something that needs to be fixed. Left untreated, you will more than likely develop a chronic condition

that will very likely lead to further complications. Don’t jump in head first to your exercise program, go feet first and be smart: get advice, start slowly and listen to your body.

Plantar Fasciitis is a painful and debilitating condition that can stop you in your tracks. But have hope, with MendMeShop’s comprehensive Plantar Fasciitis therapies and a few steps in the right direction you can successfully treat the pain and stop it from coming back. You have the right tools and the right information, now it’s up to you to take action and get back on your feet again!

Taking Action Is the Key to Better Health

Many doctors these days lead their patients to believe that the only answer to pain relief involves cortisone injections, drugs, or surgery. All of these are costly and potentially dangerous. Real help shouldn’t harm you in any way! Instead, a significant amount of people are taking matters into their own hands and searching for a natural and non-invasive method of relief from plantar fasciitis pain. The good news is that pain sufferers are finally able to choose an effective, natural treatment that does not require a prescription. If you are suffering from plantar fasciitis and/or heel spurs don’t wait for it to get worse - take control!

Imagine being able to treat your soft tissue injury in the privacy of your own home, at any time of the day that is convenient for you. No more driving to a clinic, waiting in a doctor’s office and best of all, no more paying additional costs. You will be able to treat

yourself every single day for a more consistent and more intensive treatment plan. Frequent treatment is the key to faster and more complete healing! It is just too expensive and too time consuming to get the amount of therapy you need from a doctor to heal your plantar fascia properly.

Therapeutic Ultrasound, Blood Flow Stimulation Therapy and Cold Compression Therapy aren't just safe and cost effective; they also treat your soft tissue injuries at their source.

Ultrasound and the Inferno Wrap's Blood Flow Stimulation Therapy promote blood flow without irritation and enhance the body's natural healing ability. They are effective in treating soft tissue injuries, relaxing muscles, reducing scar tissue, improving circulation, and reducing nerve root irritation and pain.

The **MendMeShop Ultrasound System** is a handheld device and it only takes a few short sessions each day to feel the benefits. Not only that, you can treat up to three different areas on your body consecutively. If you suffer from more than one injury, this is very important.

The **Inferno Wrap™** is a premium therapeutic device that relaxes your plantar fascia while giving you accelerated healing. Just put the wrap on your foot and let it do the work. A treatment in the morning will loosen up your fascia to start your day and promote healing from the minute you wake up. Another treatment before bed will soothe your pain and heal any damage that may have occurred from your daily activities. Use it throughout the day as needed to stimulate blood, reduce your pain and treat your foot easily.

The **Freezie Wrap™** combines the benefits of cryotherapy and compression and is a natural way to relieve pain and swelling quickly. Cold compression will make your foot feel better by numbing the area while it reduces the inflammation in your fascia and around your heel spur. When an injury or pain occurs the Plantar/Spur Freezie Wrap™ delivers an effective therapy that has been proven to treat a variety of painful conditions in a non-messy, easy to use wrap.

You can live a life free of constant plantar and heel spur pain - all you need is these 3 great therapies!

For the ultimate plantar treatment plan, add a **night splint** to your therapy program. Wearing a night splint while you sleep holds your foot and toes in a flexed position, gently stretching the plantar fascia to avoid the usual constriction throughout the night. This will help avoid the re-stretching of the plantar fascia in the morning that can cause minor tears and can lead to more damage.

Everything you need to get started on your path to pain relief is available from MendMeShop. Visit aidmyplantar.com for more information on how these therapies can help. To speak with a knowledgeable MendMeShop Advisor call our office **toll free at 1-866-237-9608** and learn how you can help defeat your plantar pain through the use of ultrasound therapy, Blood Flow Stimulation Therapy and cold compression. We welcome all questions and feedback and look forward to hearing from you.

Index

A

Analgesics 1
Anatomy 3
Articular Cartilage 21
Atrophy 24, 40

B

Bio-Mechanics 39
Blood Flow Stimulation Therapy
26, 27
Bone Formation 22

C

Calcific Tendonitis 16
Carpal Tunnel Syndrome 19
Cartilage Repair 14, 20
Cold Compression Therapy 35
Compression Therapy 34
Conduction 34
Conductive Gel 11
Continuous Mode 11
Conversion 26
Cortisone 1
Cryotherapy 34

D

Diagnosis 7

E

Energy Web 26, 27
Eucalyptus 11

F

Fracture Healing 18
Freezie Wrap 34–41
Frequency 10

G

Gait 39

H

Healthy Weight 39
Heel Spur 7

I

Inferno Wrap 26–41

L

Lavender 11

M

Meniscus Tear 21
Menthol 11
Muscle Spasms 14
Myofascial Pain 15

N

NSAIDs 1

O

Osteoarthritic 19, 22
Osteoarthritis 15, 16, 18, 20
Osteophyte 7

P

Peppermint 11
Phonophoresis 11, 12, 14
Plantar Fasciitis 1, 3
Pronation 39
Pulse Mode 11

R

Rheumatoid Arthritis 17
RICE 34

S

Scar Tissue 10, 24
Sound Wave 10
Steroid Injections 1
Surgery 1
Symptoms 6

T

Thermotherapy 10
Tissue Regeneration 13
Trigger Points 15

U

Ultrasound Specifications 25
Ultrasound Therapy 9, 10, 23

V

Vasodilation 10