

**Fleet Feet Medical Product Reference Guide**

**For a more detailed explanation of our products, visit the** [**Medical Product**](http://www.fleetfeethartford.com/sports-medicine/products) **section of our website.**

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| **Superfeet** Premium Insoles[$40-$50] | Firm, contoured, supportive foot-bed. An accommodative orthotic that works especially well for those suffering from plantar fasciitis. Made in all-purpose, dress fit, and heels. Dress fit and heel options are $20 |
| **SOLE** Insoles[$40 - $50] | Heat moldable (wear molding or oven molding). Provides a continuous contact point along the length and width of the foot to reduce soft tissue strain. Ideal for plantar fasciitis. |
| **Spenco** Orthotic Arch Supports [$28-$30] | Semi-rigid, plastic reinforced orthotic foot-bed. Comes in full length and ¾ length. |
| **Strassburg Sock**[$40-$45] | A lightweight night splint for those suffering from plantar fasciitis or Achilles tendonosis. |
| **Feetures!** Plantar Fasciitis Sleeve [$25] | The sleeve lifts and stabilizes the plantar fascia and improves circulation in the affected area to provide relief from painful plantar fasciitis symptoms. Can be worn under a regular sock during daily activities or athletic activity. |
| **The Stick [**$28-$32] | Portable massage aid comes in different sizes with varying levels of firmness. Can be used for self massage of the calf and leg muscles.  |
| **The Foot Wheel** [$22]**Foot Rubz [**$6 ] | Ideal for stretching the arch; helpful with plantar fasciitis. |
| **ProStretch** Step StretchSingle [$35] Double [$60 ] | Properly and safely stretches lower leg muscles and tendons (hamstring, calf, Achilles tendon, plantar fascia, and ankle.) |
| **Foam Rollers [**$20-$40] | Self myofascial release tool for a variety of uses, including Iliotibial Band Syndrome and Runner’s Knee. |
| **Trigger Point** Massage Products[$25-$160] | Made from a firm material to mirror the feeling of a human hand for the effects of a deep tissue massage.  |
| **Trigger Point** Cold Roller[$110] | Targets muscles only with cold compression maximizing recovery. |
| **CEP & Zensah** Compression Sleeves and Socks[$40-$60] | Graduated compression (CEP is medical grade) for a variety of different conditions. For use during activity, for recovery, or during travel. |
| **Spenco** Heel Cushions [$7] | Cushioned wedges for temporary relief from Achilles pain. |
| **Spenco** Ball of Foot Cushion [$7] | Designed to relieve forefoot pressure. Thin profile, gel rather than foam. |
| **Pro-Tec** Knee Strap [$17] | Patellar tendon wrap; support for symptoms of tendonitis and chondromalacia. |
| **Pro-Tec** Achilles Tendon [$20] | Stabilizing strap to reduce strain to the Achilles tendon. |
| **Pro-Tec** IT Band Wrap[$17] | Strap with compression pad to alleviate symptoms of iliotibial band syndrome. |
| **Tendon Trak** Knee and Achilles Strap [$24] | Strap that utilizes two pads that are placed on either side of the involved area. The strap tightens, approximating the tissue in between the pads and alleviating pressure on the injured area. Can be used for patellar tendonitis, IT Band Syndrome, or Achilles Tendonosis. |