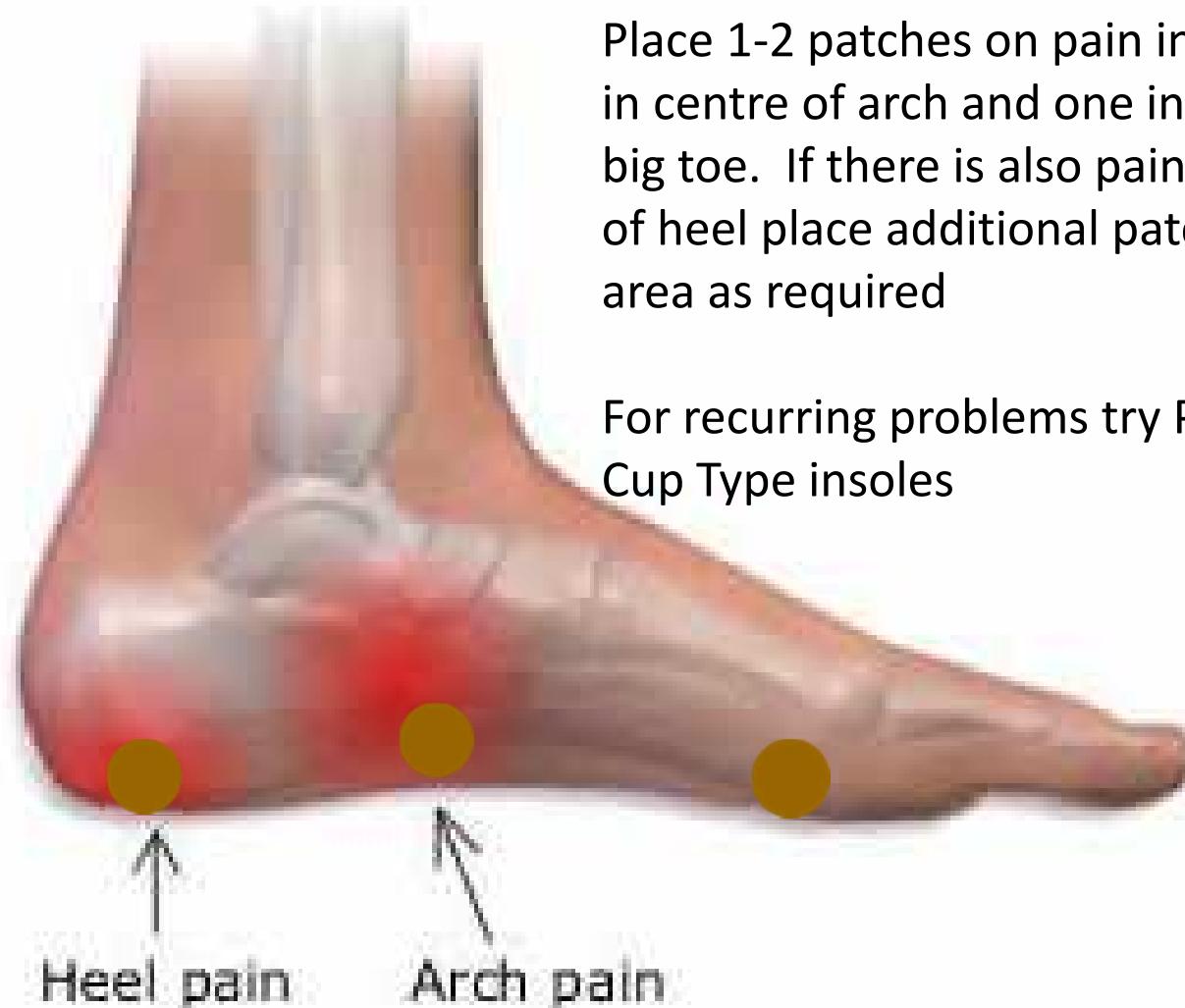


# Plantar Fasciitis



Place 1-2 patches on pain in heel, 1 in centre of arch and one in front of big toe. If there is also pain on side of heel place additional patches on area as required

For recurring problems try Phiten Cup Type insoles



Phiten Insoles