## Immediate Relief of Heel & Arch Pain

- Easy application
- Lasts up to 7 days
- Water-resistant
- Hypoallergenic & Latex Free

# Feel Good Again with QuickTape<sup>®</sup>

- Just Peel. Stick. Go!
- Proven, Fast Pain Relief
- Minimize Stress on Fascia Ligament
- So Thin, it Fits in All Footwear



### **Important Note**

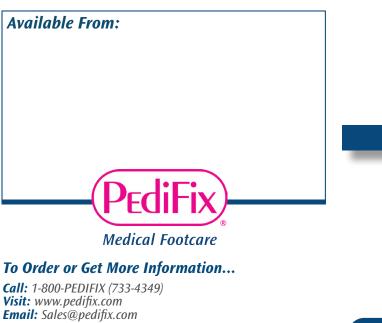
As a general guide, the STANDARD QuickTape<sup>®</sup> size fits shoe sizes up the 11. The LARGE QuickTape<sup>®</sup> size fits 11+.

*I*f you are between sizes or unsure, another way to determine your size is to measure your forefoot circumference.

- QuickTape<sup>®</sup> STANDARD strap will fit a circumference of 7.5" to 10"
- QuickTape<sup>®</sup> LARGE strap will fit a circumference fo 10" to 11.5"

As the QuickTape<sup>®</sup> support strap starts working to help align your foot, it may feel as if it is getting looser. Though it may feel strange, this is perfectly normal, and the strap is still effectively supporting your foot.





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#### When Heel Pain is So Bad It Hurts To Walk....This is the Solution



#### Works Better, Faster, Easier

Heel pain -- often due to Plantar Fasciitis -- is one of the most common and disabling of all foot problems. If you're suffering, you know.

Fortunately, there's a new solution that provides both immediate relief, and a chance for healing – QuickTape<sup>®</sup>.

QuickTape<sup>®</sup> reinforces and supplements the natural connection between your heel and forefoot to relieve stress on the Plantar Fascia ligament. It improves the structural integrity of your foot, and helps minimize excessive pronation that can cause heel, arch and other discomforts, too.

QuickTape<sup>\*</sup> is not the first foot taping system, but it works better, faster, easier and more conveniently than others, guaranteed.

"Our practice ordered QUICK TAPE® for all 4 of our clinics. It's going to make our life and our patients' lives so much easier!"

Dr. Dennis B. McBroom Florida Podiatric Medical Association Daytona Beach, FL





Start with clean feet and hands with no lotions, creams or oils applied to either. Place the QuickTape foot support Strap on a flat, hard surface with the cloth side down, self-adhesive liner side facing up.

Carefully remove the liner paper from just the center section of the Strap. Flatten the Strap on the ground With your heel lifted, place the ball of your foot down just in front of the Strap (Photo 1).

Position the leading edge of the Strap just behind your metatarsal bones or 'toe knuckles' (Photo 2).

Now, center, and set your heel down in the opening between the Heel Tabs (D and E)

Remove the liner paper from both foot Forefoot Tabs (B and C).

Without stretching or pulling much, wrap and secure each Forefoot Tab straight across the top of the foot, starting with the inside Tab (big toe side). Together, they form the 'anchor' which holds the Strap in place (Photo 3).

Rub the Forefoot 'anchor' Tabs vigorously to activate the adhesive.

Next, lift your foot up slightly into the air. Point your toes down towards the ground. With gentle tugging, pull each Heel Tab enough so that most of the wrinkles disappear. While keeping toes pointed down (Photo 4), starting with the Inside Tab (big toe side), pull gently, wrap and secure both the Heel Tabs (D and E) around the back of your heel – no higher than where the top of a shoe ends, and well below the Achilles' tendon.

Activate the adhesive by rubbing the entire foot strap vigorously for 10 to 15 seconds everywhere – top, bottom, sides, and heel. This is important to get the longest use from each Strap – up to 7 days!

Put your foot down and walk a few steps. If properly applied, you will feel QuickTape supporting your arch, aligning your foot, and relieving your heel pain. If you do not feel added support, re-apply the tape and be sure the forefoot Anchor is placed just behind the metatarsal heads, and your toes point down when securing the heel tabs (D and E).

For Plantar Fasciitis, it is recommended to wear QuickTape<sup>®</sup> 24/7 for 6 to 8 weeks.



### Helpful QuickTape<sup>®</sup> Videos

https://youtu.be/gYVu4jfkEAc



https://youtu.be/iDb2ogJmVR8

