

Clinically proven daytime plantar fasciitis relief
See inside for details

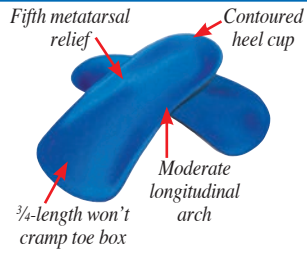


Use the Accommodator together with your night splint for *all-day, all-night* plantar fasciitis relief

FREEDOM® Accommodator™ Insoles Dual-layer construction offers a soft top surface that molds to any high-pressure points, enhancing total contact while the firm base provides support that lasts. Anatomical features include contoured heel cup to cradle and stabilize the heel, a moderate longitudinal arch, mild metatarsal pad, and sculpted relief at the base of the fifth metatarsal. Nylon top cover for added durability. Ready to wear, requires no modifications. **High-Impact Accommodator** model combines proven support and comfort of the original Accommodator with Impact Plus™ energy-absorbing polymer in the heel, offering improved durability, shock absorption, and comfort at heel strike and during the most demanding activities.

Approximately 175-lb. capacity

Order Now!



SIZE #	WMNS	MENS	ACCOMMODATOR	HIGH-IMPACT ACCOMMODATOR
1	5-6	—	#JJY6811	#JJY6491
2	6-8	7-8	#JJY6812	#JJY6492
3	8-9½	8-9	#JJY6813	#JJY6493
4	10	9-10½	#JJY6814	#JJY6494
5	11	10½-11	#JJY6815	#JJY6495
6	12	11-12	#JJY6816	#JJY6496
7	13	12-13	#JJY6817	#JJY6497

FREEDOM® Accommodator™ Insoles Clinically proven to effectively treat **DAYTIME** plantar fasciitis pain



Studies have demonstrated that accommodative orthotics offer significant relief from the symptoms of plantar fasciitis.*

The Accommodator Advantage

A simple, cost-effective daytime solution used together with your night splint to:

- ✓ Help relieve pressure and strain on the arch
- ✓ Properly cushion and support arch and heel
- ✓ Cradle and stabilize heel

See inside for details

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*Awbrey B.J., Bernardone J.J., and Connolly T.J., "The Prospective Evaluation of Invasive and Non-invasive Treatment Protocols for Plantar Fasciitis," Rehabilitation R&D Progress Reports, (1989): 50.

Studies show accommodative orthotics can provide healing relief from plantar fasciitis within three months

THE PROBLEM: Plantar Fasciitis Pain



Treating plantar fasciitis symptoms using traditional shoe insoles often lacks the proper support needed for the arch and cushioning in the heel, and rigid custom orthotics are poorly tolerated by patients due to pain.

THE SOLUTION: FREEDOM® Accommodator™ Insoles



Clinically proven for daytime plantar fasciitis relief, these ready-to-wear insoles provide support to the heel by absorbing shock from heel strike and lessening metatarsal head pressure through longitudinal and transverse arch supports.

Clinically proven solution

*"[Accommodative orthotics] provided marked amount of relief from the disabling symptoms of plantar fasciitis by one month, and nearly complete healing by three months."**

Accommodator Orthotics Research Clinical Study

Study Abstract:

The investigation noted a consistently high number of patients within their outpatient practices who were suffering from disabling fasciitis. They also found that each investigator had been prescribing a totally different, but standard, invasive or non-invasive treatment for the condition. In light of the high cost of custom orthoses and the morbidity of surgery, the investigators sought to prospectively investigate effective treatment for plantar fasciitis. The purpose of this study is to identify a clinically successful yet cost-effective conservative treatment for plantar fasciitis.

*Awbrey B.J., Bernardone J.J., and Connolly T.J., "The Prospective Evaluation of Invasive and Non-invasive Treatment Protocols for Plantar Fasciitis," Rehabilitation R&D Progress Reports, (1989): 50.

Study Conclusion:

The results would indicate that a relatively inexpensive anatomic stock orthosis of the type used in this study provided a **marked amount of relief from the disabling symptoms of plantar fasciitis by one month, and nearly complete healing by three months**. This positive response to treatment was essentially no different from those patients treated by the additional and invasive use of steroids or lidocaine, although all patients who wore an orthosis were significantly improved over the baseline comparison group, who were prescribed a standard series of exercises that are commonly recommended for the treatment of plantar fasciitis. The findings of this study lead us to conclude that the use of the stock anatomic orthosis would be the most simple, cost-effective, and clinically effective treatment for the disabling disorder of plantar fasciitis.