



### NICE STRETCH® 90



**SKU:** NS-50311-H

## PRODUCT DESCRIPTION

### Purpose & Benefits of the Nice Stretch® 90

The Nice Stretch® 90 is a specially designed night splint intended for use by individuals suffering from plantar fasciitis, Achilles tendonitis, and other related lower extremity disorders. This device is engineered to maintain the foot in a 90-degree dorsiflexed position, which gently stretches the plantar fascia and Achilles tendon overnight. By keeping these tissues elongated, the Nice Stretch® 90 helps reduce the morning pain and stiffness commonly associated with these conditions. It's an effective treatment option that promotes healing during sleep, making it a preferred choice for both preventive care and recovery enhancement.

### Features

- **Fixed Angle Support:** Maintains the foot at an optimal 90-degree angle, ensuring effective stretching of the plantar fascia and Achilles tendon.
- **Comfortable Design:** Features padded lining and a soft, breathable fabric cover that enhances comfort throughout the night.
- **Adjustable Straps:** Includes adjustable straps that secure the foot and ankle in place, preventing movement that could disrupt the therapeutic position.
- **Compact and Lightweight:** Unlike bulkier designs, this splint is relatively compact and lightweight, making it less obtrusive and more comfortable for overnight use.
- **Passive Stretch:** Provides a passive, consistent stretch to the lower extremities without active effort, which is ideal for nighttime use.
- **Removable Ice Pack:** This comes with a removable ice pack that can be used for cold therapy to reduce inflammation and provide pain relief.

## Specifications

- **Material:** High-quality, durable plastic frame with padded lining and breathable fabric.
- **Size:** Available in multiple sizes to accommodate various foot sizes.
- **Care Instructions:** The fabric cover is removable and machine washable for easy maintenance.

For further information go to **medimart.com.au** or give us a call: **1300 633 063**

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