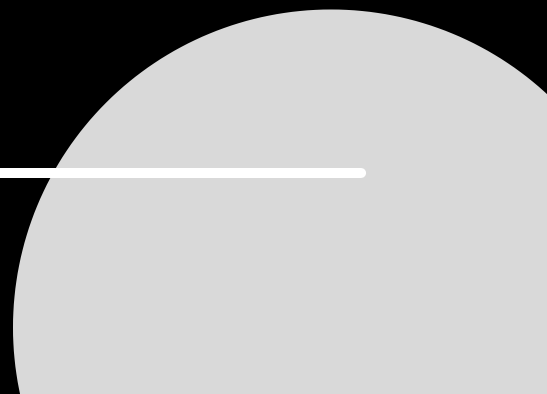


Sole
REVIVAL

**COMMON TYPES OF FOOT
PAIN & HOW TO FIND RELIEF.**

PLANTAR FASCITIS



Plantar Fasciitis

Plantar fasciitis is a disorder of the connective tissue which supports the arch of the foot. It results in pain in the heel and bottom of the foot that's usually most severe with the first steps of the day or following a period of rest.

COMMON CAUSES

- Overuse or increased activity
- Tight Achilles tendons, "heel cords" and calf muscles
- Excessive pronation or unusual foot position while walking
- Improper fit or high-heeled shoes
- Standing on your feet for several hours each day
- Wearing worn-out shoes with thin soles

TRADITIONAL WAYS OF TREATING

- 'Tennis ball' exercises and stretching
- Icing the area
- Night splints to stretch the calf
- Nonsteroidal anti-inflammatory drugs
- Supportive Inserts
- Steroid Injections

**ITIS:
INDICATES
DISEASE
&
INFLAMMATION.**

HOW CAN CBD HELP WITH PLANTAR FASCIITIS?



Anything with - itis on the end is an indication of disease and inflammation, so usually, the first thing to address is reducing the inflamed area. Once the inflammation is down, the connective tissue can start to heal. Performing stretches and exercises with CBD can reduce painful inflammation WHILE strengthening the connective tissue to prevent further injury and help heal faster.



START WITH A SOAK

Soaking the foot in a warm CBD bath increases circulation and opens pores that allows the CBD to work faster and on a deeper level. Epsom salts are fine but soaking in a therapeutic blend of trace minerals such as calcium, iron, and sodium helps to reduce swelling by regulating the fluid coming in and out of cells. Soaking in the mixture for 20-30 minutes before doing manual therapy prepares the connective tissue for lasting change.



RESISTED STRETCH WITH CBD BALM

Now that the fascia is ready for change, a combination of resisted toe stretches, ankle mobility and calf exercises work to strengthen AND stretch the lower leg compartment. Applying topical CBD before this triggers the CBD receptors to work with stretch receptors and start to change the muscle fibers, tendons and connective tissue.



SALT STONE MASSAGE

After the soak and stretch, follow up with a salt stone massage along the bottom of your foot and lower leg compartment. This is where a bit of ice to the area can feel really good. The cool salt stone can lower inflammation and is a nice way to finish up the treatment. Massaging with the stone also helps to cleanse the lymph system and reduce swelling.

IF YOU'VE TRIED THIS >>>>>> FOR PLANTAR FASCIITIS:

Tennis ball therapy and frozen water bottle exercises are often prescribed for foot pain relief. The ice feels good and can reduce swelling. Slow rolling can also increase circulation to the fascia and connective tissue, increasing healing times.

But while the ice feels good on the foot and can numb the pain, this oftentimes is not enough to help on a long term basis because the fascia is resistant to change when it is frigid and cold. Turn out, fascia loves to be warm and supple in order to heal and change, so doing light mobility exercises or soaking in a CBD mineral soak even before this exercise can heat the internal body temperature.



TRY THIS INSTEAD:

ROLLING WITH A SALT BALL & CBD BALM

Start by soaking your feet in a warm CBD bath and apply CBD balm to the top of the foot, ankle, and surrounding area. Gently massage for a few minutes while doing ankle circles and light mobility exercises before rolling.

Next, start slowly by putting a slight amount of pressure onto the ball of your foot and gently roll up and down. Go as slow as you can, applying slight pressure without causing pain. Stay a little longer on certain spots that are tender or tight until you can feel a soft release. Spend 2-3 minutes here and don't forget the other foot too!

WHY IT WORKS:

After soaking in the warm CBD soak, the fascia becomes soft and pliable. The trace minerals in the Himalayan salt ball works to reduce inflammation while supporting the soft tissue with important nutrients preparing it for change.

ICE IS STILL NICE

If pain and swelling still persist, try icing AFTER the CBD soak and massage to get the best results. To reduce inflammation, use a chilled salt ball after soaking instead of using the 'Frozen Water Bottle' trick.



IF YOU'VE TRIED THIS STRETCH >>> FOR PLANTAR FASCIITIS:

Next to the 'Frozen Water Bottle' trick, towel stretching and heel cord stretching are common forms of treatment for plantar fasciitis. The sensation of the stretch feels good and helps bring healthy blood flow to the area. Yet, this particular type of stretch can actually be tricky to target the correct muscle groups and oftentimes leads to inadvertently 'pulling on the toes' for an ineffective stretch = Feels good in the moment but rarely changes things long term.



TRY THIS INSTEAD:

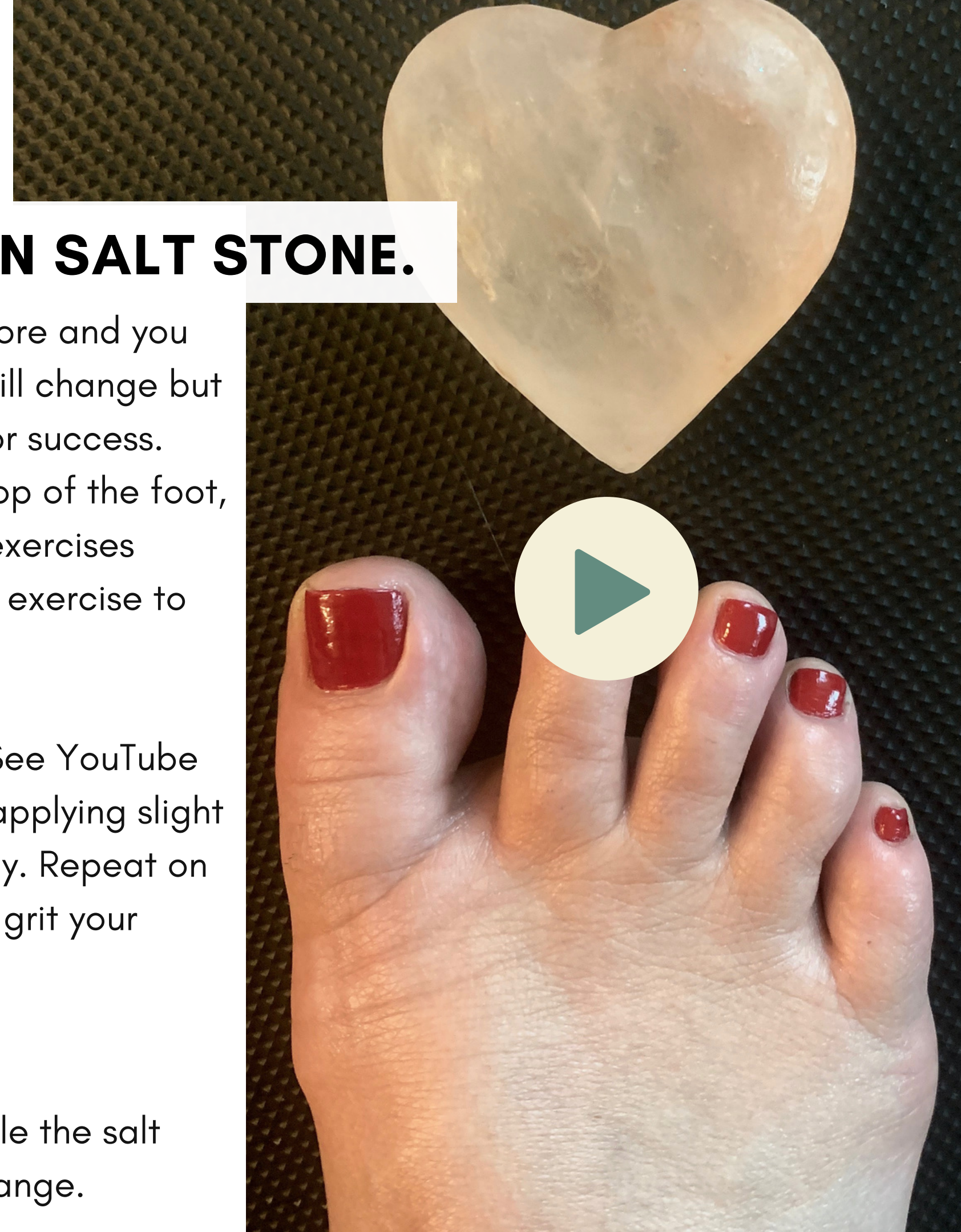
RESISTED TOE STRETCH WITH HIMALAYAN SALT STONE.

A resisted TOE stretch with what? I know, you've never heard of it before and you won't even find anything on the internet for it either. Hopefully, that will change but for now, see for yourself why this is part of the 'secret' to our recipe for success. After soaking your feet in a warm CBD bath, apply CBD balm to the top of the foot, ankle, and surrounding area. Continue with a few 'point and stretch' exercises while gently massaging the foot for a few minutes before starting the exercise to prepare the feet for change.

Start slowly by gently 'pressing' each of the toes into the salt stone.(See YouTube video on Simple Jane Co. channel.) Go as slow as you possibly can applying slight pressure without causing pain. Press for 10 seconds and release slowly. Repeat on each toe 2-3 times. Remind yourself to take deep breathes and don't grit your teeth or hold your breath when your pressing into the stone.

WHY IT WORKS:

Resisted stretching also works to strengthen the connective tissue while the salt stone gets into the nooks and crannies of toes and feet for lasting change.

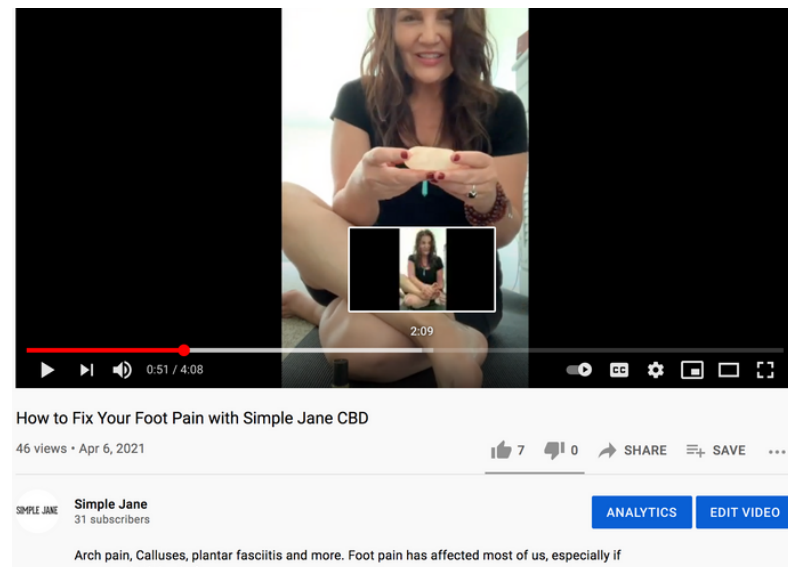
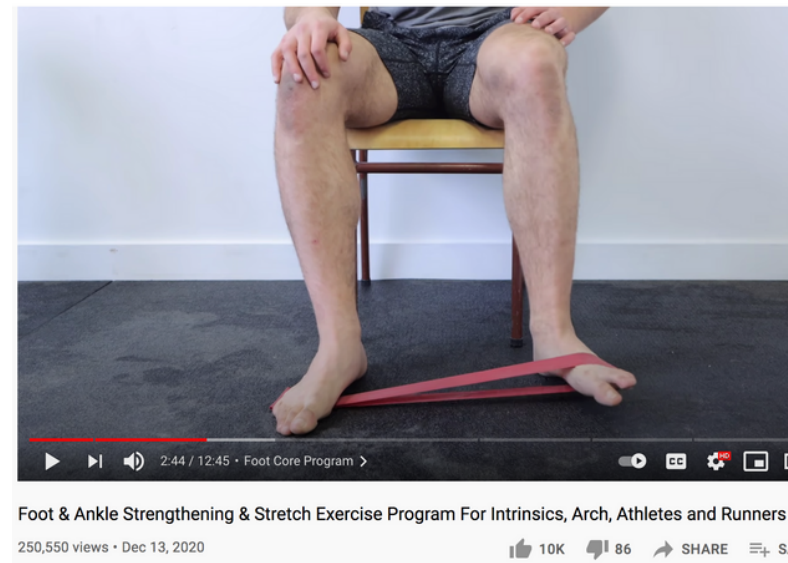
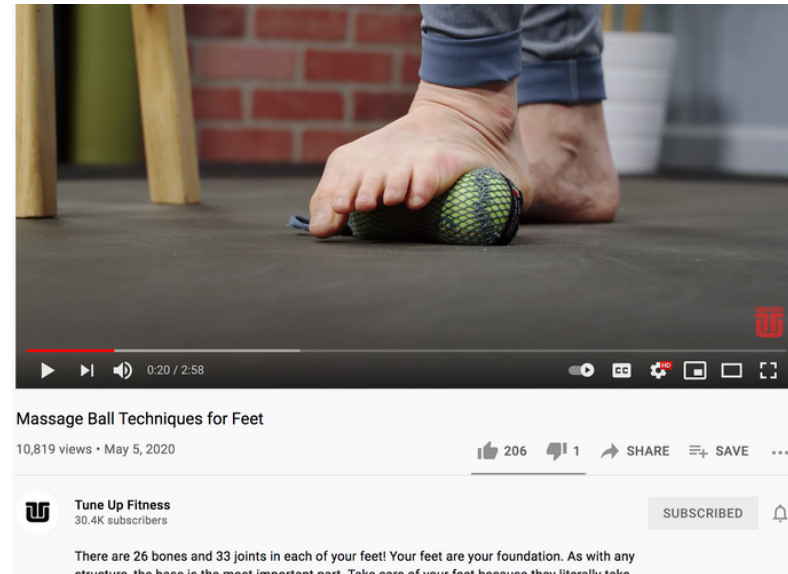


STRETCH & STRENGTHEN

Some of our favorite YouTube channels we've found to treat foot pain and plantar fasciitis.

- Tune Up Fitness
- E3 Rehab
- Simple Jane CBD

Products can be found:
www.SimpleJane.co



TUNE UP FITNESS

Health company that offers products and embodied education focused on helping people alleviate physical pain and stress, improve athletic performance and move better in their body.

E3 REHAB ON YOUTUBE

Empowerment through evidence based education for rehabilitation, pain, performance and injury risk. We are Doctors of Physical Therapy who have created this platform to help others improve their quality of life.

SIMPLE JANE CO.

How-To Videos, discussions, and more on how to use topical CBD for better health and wellness.

PRODUCT GUIDE:

Some of our favorite things we've used to treat foot pain and plantar fasciitis.

Products can be found:
www.SimpleJane.co



SOLE REVIVAL KIT

The quick kit for foot pain relief. The Sole Revival kit comes with 1 CBD Foot Fizz for soaking, On the Mend Mineral Soak and Scrub, and a small tin of On the Mend balm.

MINI MASSAGE KIT

This little kit was designed with relief in mind and not just for foot pain, either! Comes with a travel-size roller, balm, and salt stone massage for quick relief on the go.

HIMALAYAN SALT BALL

Tennis balls are fine, but a Himalayan Salt ball supply important trace minerals for healthy cell repair and function. Use it with On the Mend balm and watch foot pain melt away with each stroke.

SIMPLE JANE

CBD WELLNESS FOR MODERN LIVES

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about using topical
CBD for better health and
receive 20% off your first
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