

# Plantar Fasciitis Helper

K122 v001: 08/09/21

Please read and retain these instructions for future reference

vivadia



## Dimensions

MASSAGE BALL DIA: 6CM, 68G

FOOT ROLLER SIZE: 8.5DIA X 16.3 CM, 417G

FOOT CUSHION SIZE: 8.25 X 9 X 3.5 CM, 15G

## Material

PVC, FOAM, ELASTANE

SET INCLUDES 1PC FOOT ROLLER,  
1PC MASSAGE BALL, 2PC FOOT CUSHIONS

## ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

### FOOT ROLLER:

Placing the roller under your foot, roll back and forth to loosen up the plantar fasciitis and promote and blood circulation.



### MASSAGE BALL:

Placing the massage ball under the foot, press with the sole of your foot to loosen up the plantar fasciitis and promote blood circulation.



### FOOT CUSHIONS:

Wear the foot cushion for walking to relief the pain.




## CLEANING INSTRUCTIONS

- Wipe clean with a dry cloth.

## DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	
Type of Plastic	Polyvinyl Chloride
Commonly used for	Pipes, construction material, flooring, windows, guttering, plaster packs
Notes	Not usually collected from household recycling bins, Sometimes recycled at local waste management centres.

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.