



BRACES BY INJURY:

Foot Injuries

Foot injuries take time to heal, and there are many options to help keep your foot stable while the healing process takes place. Essential has foot braces for all sorts of conditions and injuries from minor sprains to recovery from a major surgery.



Braces for Achilles Tendonitis

Achilles tendonitis is a chronic and painful condition caused by microtears in the tendon that occur through repetitive use. When the achilles tendon starts to swell, it causes pain in the lower foot area - you might even see or feel bumps in the spots that hurt. Achilles tendonitis can also be caused by bone spurs, pushing your body too hard without giving it time to recover, or not warming up before intense exercise.

Essential has many different foot braces that can help compress your achilles tendon and provide some relief. There are even products that can provide therapeutic hot or cold to the affected area to alleviate pain!



Reduce Stress Fracture Pain With a Foot Brace

Stress fractures in the foot are common in many runners and athletes. They're also very difficult to treat, and even harder to find relief for. Essential has compiled a list of foot braces that can help compress your foot to help relieve inflammation and pain associated with stress fractures.

If you have a stress fracture, keep in mind that the only way your foot will truly heal is with time - some of our products might help stabilize the foot or reduce pain, but this doesn't make it any safer to run on a stress fracture. If you do have a stress fracture, don't run or do high impact activities for a while - give your body time to heal.



Braces for Drop Foot

Drop Foot is a condition characterized by the foot 'dropping down' when the leg is lifted. It's caused in many possible ways, some of the most common being a nerve injury or paralysis in the lower extremities. Drop foot can be a tough and frustrating condition. Ankle foot orthosis- AFO fits securely over the leg and holds the foot in position so that you can do your daily activities without worrying about your feet!

Braces for Plantar Fasciitis and Bone Spurs



Bone spurs in the heels are quite painful. Often times, the bone spur disrupts tissue in the foot, and the body's natural way of fixing that is with inflammation. The inflammation surrounding the tendons in the foot becomes painful, and this in turn is a major cause of plantar fasciitis.

Plantar fasciitis pain can be partially combated with warm compresses and cold therapy - these work to decrease swelling in the tendon and alleviate pain. Essential has many products available for this type of condition.



Reduce Bunion Pain With a Splint or Pad

Painful bunions occur when the big toe pushes towards the little toes. This causes swelling and inflammation on the outside of the big toe that can be painful to the touch. This makes it hard to walk, makes it difficult to wear shoes, and is generally very uncomfortable.

Hallux valgus (bunions) can be corrected to reduce pain in many ways; a splint can hold the big toe out to keep the metatarsal alignment straight, a pad can help reduce pain by cushioning the bunion, various sleeves can help reduce pressure on the big toe. Essential has many options to reduce bunion pain without surgery available