

Plantar Fasciitis
NIGHT SPLINTS – DFW Edition

✓ Reduce Morning Pain ✓ Speed Up Healing

Walk Your Way to Better Foot Health in DFW
Scan to explore sofe, scenic walking routes across Southwest Dallas.

Plantar Fasciitis Night Splints – DFW Edition

Serving Southwest Dallas, DeSoto, Cedar Hill, Duncanville, Lancaster & Glenn Heights

SECTION 1: What It Is

A night splint gently stretches the foot overnight to reduce morning heel pain.

SECTION 2: Key Benefits

- Reduces morning pain

- **Speeds healing**
- **Complements orthotics**
- **Drug-free, non-invasive**

SECTION 3: Who It Helps

- **Teachers, warehouse workers, tradespeople**
- **Active adults using local trails**
- **Anyone with heel or tendon pain**

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If you live in Southwest Dallas and struggle with morning heel pain, I provide custom orthotics, footwear guidance, and night-splint support right here in the community. Drop shipping is available for your convenience.

Michael L. Ashley Certified Pedorthist

Call/Text 214-702-8812

www.foot-fitexpert.com