



## restiffic Prescription

This prescription may be completed by any healthcare practitioner (GP, psychiatrist, physician’s assistant, nurse practitioner, pharmacist, etc.) who is licensed in the state in which he or she practices. Please take this completed prescription to your local pharmacy, fax it to 800-660-2429 or email it to rx@restiffic.com.

Patient Name \_\_\_\_\_

Date \_\_\_\_\_ Patient Phone or Email \_\_\_\_\_

Diagnosis:  Primary Restless Legs Syndrome

Treatment:  restiffic restless leg foot wrap

Quantity:  One (1) pair

Size:  I  II  III

Physician Signature \_\_\_\_\_  
(Do Not Substitute)

Printed Name \_\_\_\_\_

NPI #: \_\_\_\_\_

Use shoe size and width to determine the correct size. If between two sizes, choose the larger size.

Men			Shoe Width		
UK	EU	USA	Narrow	Regular	Wide
5.5	39	6			
6	39	6.5			
6.5	40	7			
7	40	7.5			
7.5	41	8		II	
8	41	8.5			
8.5	42	9			
9	43	9.5			
9.5	43	10			III
10	44	10.5			
10.5	44	11			
11	45	11.5			
11.5	45	12			
12	46	12.5			
12.5	46	13			

Women			Shoe Width		
UK	EU	USA	Narrow	Regular	Wide
3	35	5			
3.5	36	5.5			
4	36	6			
4.5	37	6.5			
5	37	7	I		
5.5	38	7.5			
6	39	8			
6.5	39	8.5			
7	40	9			
7.5	40	9.5			
8	41	10			
8.5	41	10.5			
9	42	11		II	
9.5	42	11.5			
10	43	12			



## Information for Clinicians



restiffic is a foot wrap for the treatment of primary Restless Legs Syndrome (RLS). It is a non-invasive device that has been cleared by the FDA for prescription use as a Class 1 Medical Device. The device promotes a gentle, relaxing pressure on targeted muscles in the foot – the abductor hallucis and the flexor hallucis brevis – which reduces the uncontrollable impulses to move the legs. Patients may wear the foot wraps at any time when they are not putting pressure on their feet (ex. Sleeping, reclining, sitting) and it may be used in conjunction with any medication.

### Indications:

- Primary Restless Legs Syndrome/Willis-Ekbom Disease

### Contraindications:

- Do not use when engaging in activity that puts pressure on the feet (ex. Walking, running, operating a vehicle). Do not use in water.
- Do not use if you have neuropathy, poor circulation, peripheral vascular disease, varicose veins, deep vein thrombosis, a history of blood clots, or foot and/or leg swelling.
- Do not wear if you have breaks, bruises, sprains, wounds, sores, fragile skin, cuts, rashes, or abrasions involving your feet and/or legs.
- Consult with your doctor if you have diabetes, kidney failure, heart problems, are pregnant, or have any other medical condition that may contraindicate the use of restiffic.

### Cautions:

- In the event of pain, numbness, burning, cramping, tingling, or other sensations in the feet, loosen the straps of the device immediately. If the symptom does not go away after loosening the device, remove it completely. If the symptom does not go away after removing the device, consult with your healthcare professional.

**NEXT STEP:** Patients in the United States are required to obtain a prescription from a licensed healthcare professional in order to purchase restiffic. Patients may take completed prescriptions to their local pharmacy, email to [rx@restiffic.com](mailto:rx@restiffic.com), or fax to 800-660-2429.