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Firstname: Yassine
Age: 26 years old
Country: Italy

Pain:
Plantar fasciitis



What is your name? How old are you? What is your profession?

My name is Yassine Rachik and I am 26 years old. I am a professional athlete in Athletics and my specialty is the marathon.

What have your greatest successes been?

They called me the best Italian marathon runner in 2019, in fact I held the 12th place at the World Championships in Doha. And in 2018 I won the bronze medal at the European Championships in Berlin and won the gold medal for a team victory.

What is your next professional goal?

My next goal is the 2021 Olympic Games in Tokyo.

What kind of pain do you have? Is it a problem for your work and life in general?

I had a series of injuries but have lately been suffering from an inflammation of the Plantar Fascia (Arch ligament or Plantar Aponeurosis, note from the editor) in my right foot. This pain causes me great problems and limitations both during training and competitions.

Can you describe your symptoms?

In the morning when I get out of bed, I have a painful sense of weight which gets worse with training and during competitions. In addition to the pain, my mobility is reduced and I feel stiffness in the sole of my foot.

Who recommended Cartylis™ to you? How is taking Cartylis™?

My sports doctor is following me on this recovery path and he advised me to take Cartylis™ which is very convenient to take. The fact that it is ready to drink makes it really practical.

What did you think about the taste of Cartylis™?

A little bit "strong" but it's OK.

Have you had any improvements? How long after the beginning of treatment?

Already after 1 month I felt a reduction of pain and a decreased feeling of morning stiffness when I put my foot down.

After 3 months of treatment my situation improved even more: the pain was further reduced and the stiffness too. I also felt a significant improvement in the mobility of my foot.

In addition to Cartylis™, have you taken any other treatment to reduce inflammation in the foot sheath?

Yes, I have also tried Shockwave, Cryo-Laser and CO2 Laser.

What did you like the most about Cartylis™?

My foot problems have really improved!

Would you recommend Cartylis™?

Of course!