

Use

The Adjustable Night Splint is primarily intended for treating plantar fasciitis and Achilles tendonitis, and may be ideal for other conditions recommended by a physician. Review all instructions, cautions and contraindications before using this product.



Caution

Use this product only under the guidance of a physician or certified medical professional. Do not walk or attempt to place weight on the foot from your medical professional. This product is not designed to be used outdoors, or on slippery or uneven surfaces.

Fitting

- 1 Place foot in splint with knee in flexed position to achieve the desired degree of dorsiflexion.
- 2 Attach the ankle strap. Adjust the length of the Velcro until comfortable. Do not over tighten the strap.
- 3 If numbness, tingling or other discomfort is experienced, loosen the strap until comfortable. If any of these symptoms persist, contact your medical professional. Repeat steps 2 and 3 for the foot strap.
- 4 Extend the knee to check the tightness of the ankle and foot straps. Adjust Velcro as needed. Repeat steps 2 and 3 for the calf strap.
- 5 Dorsiflexion assist straps may be gradually adjusted to increase or decrease foot angle. Incremental adjustments may be necessary if discomfort is experienced.

Contraindications

1. Plantar flexion contracture greater than 10 degrees.
2. Uncontrollable, severe plantar flexion spasticity.
3. Not designed for use outdoors, on slippery or uneven surfaces.

Care

Shell can be wiped clean with a damp cloth using mild soap or disinfectant. Wipe dry. Liner and straps can be hand washed in cold water with mild soap. Air dry.

If any problems occur with the use of this product or if any part begins to pull away from the shell, please contact your medical professional immediately.

Product Numbers

- Small # 12033
- Medium # 12035
- Large # 12037

ADJUSTABLE NIGHT SPLINT

USE - FITTING - CARE INSTRUCTIONS