

Night Splint

Indications:

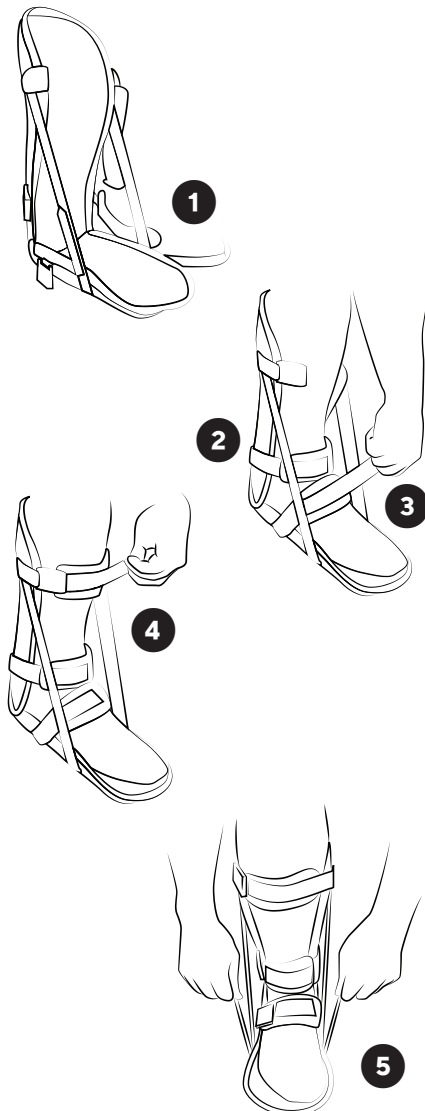
Plantar Fasciitis, Achilles Tendonitis, Drop Foot, Dyskinesia Prevention, Tight Heel Cords.

Contraindications:

- This device is not designed to treat uncontrollable, severe plantar flexion spasticity.
- Not to be used on patients with ulcerations, burns, or skin graphs of the foot.

Warning:

- Do not walk or attempt to place weight on the foot while using this device.
- This is not a weight-bearing device.
- Do not use this device if plantar flexion contracture is greater than 10°
- Patient should be instructed to inspect their foot, ankle, and product before and after each use.
- Do not use outdoors, or on slippery or uneven surfaces.
- If any problems occur with this product, discontinue use and consult your medical professional.



Instructions For Use

1. Undo all buckle closures and 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 contact closure strap until comfortable. Do not overtighten straps. If numbness, tingling, or other discomfort is experienced, loosen straps until comfortable and contact your certified medical professional.
3. Attach the foot strap. Adjust the length of the contact closure strap until comfortable.
4. Extend the knee to check the tightness of the ankle and foot straps. Adjust contact closure strap as needed. Repeat steps 2 and 3 as needed.
5. Dorsiflexion assist straps may be gradually adjusted to increase or decrease foot angle. Incremental adjustment may be necessary if discomfort is experienced. NOTE: Do not walk while wearing splint.

Washing Instruction

The softgoods may be cleaned at any time using a mild detergent and cold water. Do not squeeze or twist dry the softgoods. Do not wash in washing machine or tumble dry.

| Size | Men's Shoe Size | Women's Shoe Size |
|------|-----------------|-------------------|
| SM | 3 ½ - 7 | 4 - 7 ½ |
| MD | 7 - 10 | 8 - 10 ½ |
| LG | 10 ½ - 13 | 10 ½ - 15 |

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