

Posterior Night Splint

BEFORE USING THIS DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THIS DEVICE.

INDICATIONS

The posterior night splint provides adjustable dorsi-flexion to aid in the treatment of plantar fasciitis, Achilles tendonitis, and general heel pain. Effective in providing a passive stretch to the Achilles tendon and plantar fascia by pulling from the bottom of the foot.

CAUTION

The application instructions listed above are intended for the use of qualified professionals only. It is not recommended for patients to attempt to apply or adjust this device unless otherwise instructed to do so by an orthopedic professional. Any questions regarding further adjustment or frequency/ duration of wear should be directed to your orthopedic professional, as they know the individual condition for which this device was prescribed.

PREPARATION

1. Begin by un-attaching the 3 straps across the front of the night splint using the quick-snaps provided. Do not loosen the dorsi-flexion straps at this time. (Fig. A)

APPLICATION

1. Place your foot into the night splint, making sure the heel fits snug against the heel of the splint. (Fig. B)
2. Attach the bottom strap and adjust until snug. The straps should be fed under the dorsi-flexion straps. (Fig. C)
3. Continue by attaching the remaining 2 straps as described above. Adjust straps for tightness as needed. (Fig. D)

Dorsi-Flexion Adjustment

1. Un-attach the dorsi-flexion straps and simultaneously pull to adjust the dorsi-flexion to the desired level. If pain is experienced with the night splint in the resting position, the wedge can be removed from under the toe for less dorsi-flexion. (Fig. E)

CLEANING INSTRUCTIONS

Hand wash using cold water and mild detergent. Air dry. Do not dry clean, iron, or bleach any part of this brace, as it could cause damage and void the manufacturer's warranty.



NOTICE: While every effort has been made to obtain maximum strength, function, and durability, there is no guarantee that injury will be prevented through the use of this device.

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