

Comfort Dorsal 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 dorsal 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 top 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. Loosen all closure straps as well and adjust the dorsi-flexion strap so that the night splint provides no dorsi-flexion during application.

APPLICATION

1. Place the night splint over the foot, similar to putting on a sock. Position the splint so that the base of the toes is at the outer edge of the splint's foot pad and so that the heel fits in the designated opening provided. (Fig. A)

2. Fasten the closure straps located at the metatarsal area, securing the toes in place. (Fig. B)

3. Continue working up the splint by fastening the heel closure strap, making sure that the heel stays aligned with the opening on the back of the splint. (Fig. C)

4. Wrap the top closure and secure so that the splint fits snug. Tighten and re-adjust any closure straps as necessary. (Fig. D)

Dorsi-Flexion Adjustment

1. Gently pull the dorsi-flexion strap to adjust the "stretch" on the splint, bending the foot upward to help if necessary. (Fig. E) Once the desired level of dorsi-flexion is achieved, fasten the dorsi-flexion strap to itself to secure. If pain is experienced, lessen the amount of dorsi-flexion and re-attach.



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.

Comfortland Medical, Inc.
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Mebane, NC 27302
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