

Padded 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 padded night splint provides 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 pushing 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. Loosen all closure straps, leaving the night splint completely open.

APPLICATION

1. Place foot inside the night splint, making sure the heel of the foot is flush with the heel of the splint itself. (Fig. A)
2. While keeping the foot in position, wrap the distal closure strap over the top of the foot and secure using the Velcro provided. (Fig. B)
3. Wrap the two ankle closure straps and secure, making sure that the heel stays aligned with the heel of the splint. (Fig. C)
4. Finally, wrap the top closure around the shin and secure using the Velcro provided. Re-adjust as needed, making sure the splint fits snug and little movement is achieved. (Fig. D)

Dorsi-Flexion Adjustment

1. The padded night splint provides what is called "passive dorsi-flexion" using a foam wedge located under the foot. Once the splint has been applied, if pain is experienced with the foot in this position, take the splint off and remove the foam wedge under the foot. Re-apply using the steps above. (Fig. E)



CLEANING INSTRUCTIONS

Hand was 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.
709 AO Smith Rd.
Mebane, NC 27302
T 866.277.3135 | F 866.277.4412
www.comfortlandmed.com

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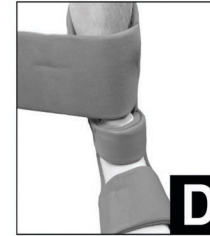
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