



ENGLISH

USES

Plantar Fasciitis, Achilles Tendonitis, and Other Selected Injuries.

CAUTION

1. Patient should be instructed to inspect their foot, ankle, and product before and after each use.
2. Do not walk or attempt to place weight on the foot while using this splint without approval from your physician. This is not a weight-bearing product.
3. Do not use outdoors, or on slippery or uneven surfaces.
4. Contact your certified medical professional if any problems occur with the use of this product or any part of the tread begins to pull away from the shell.
5. Do not use this product if plantar flexion contracture is greater than 10°.
6. This product is not designed to treat uncontrollable, severe plantar flexion spasticity.

PHOTO CAPTIONS (STANDARD VERSION)

- A. Calf strap (Strap #3)
- B. Dorsiflexion assists straps
- C. Ankle strap (Strap #1)
- D. Foot strap (Strap #2)

FITTING INSTRUCTIONS

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. (Standard version only). 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. Do not ambulate (walk) while wearing splint.

WASHING INSTRUCTIONS

1. This product may be cleaned at any time using a mild detergent and cold water. Do not use bleach or strong detergents. Do not wash in washing machine.
2. Lay brace out flat on a towel and air dry. Do not squeeze or wring out the brace. Do not place in dryer or near heater.