



## Plantar Fasciitis Night Splint Instructions

**THIS PRODUCT INTENDED FOR THE APPLICATION BY LICENSED HEALTH CARE PRACTITIONERS AS DIRECTED BY A PHYSICIAN OR OTHER MEDICAL AUTHORITY. PROPER FIT AND APPLICATION OF THIS PRODUCT MUST BE PERFORMED BY A MEDICAL PROFESSIONAL. THESE DIRECTIONS ARE GUIDELINES ONLY AND ARE NOT OFFERED AS MEDICAL RECOMMENDATIONS.**

Our Night Splint is primarily intended for treating Plantar Fasciitis and Achilles Tendonitis, and may be ideal for other conditions recommended by a physician. You should not walk or attempt to place weight on the foot while using this splint without approval from your physician. Do not use outdoors, or on slippery or uneven surfaces. Review all instructions, contraindications, care and cautions before using this product.

1. Place foot in splint with knee in flexed position to achieve the desired degree of dorsiflexion.
2. Attach the ankle straps. Adjust the length of the Velcro until comfortable.  
Do not over tighten straps.
3. If numbness, tingling or other discomfort is experienced, loosen straps until comfortable. If either of these symptoms persists, contact your medical professional.  
Repeat steps 2 and 3 for the foot strap.
4. Extend the knee to check the tightness of the ankle and foot straps. Adjust Velcro as needed  
Repeat steps 2 and 3 for the calf strap.
5. Dorsiflexion assist straps may be gradually adjusted to increase or decrease foot angle.  
Incremental adjustment may be necessary if discomfort is experienced.

**Care for your Night Splint:** Shell can be wiped clean with a damp cloth using mild soap or disinfectant. Wipe dry. Liner and straps can be hand washed in cold water with mild soap. Air dry.

### *Notice*

*While every effort has been made to obtain maximum compatibility of function, strength, durability and comfort, this device is only one element in the overall treatment program administered by a medical professional. This product is not designed to be worn while ambulating (walking), outdoors or on uneven or slippery surfaces. Contact your medical professional immediately if any part of the tread begins to pull away from the shell.*

*U.S. Orthotics disclaims any warranty, expressed or implied, that these products prevent injuries.*

