

FITTING INSTRUCTIONS

Adjustable Night Splint

INTENDED USE

The Adjustable Night Splint is primarily intended for treating plantar fasciitis and Achilles tendonitis, and may be ideal for other conditions recommended by a physician.

This product was designed to complement the variety of medical treatments common to the above afflictions. The frequency and duration of use should be determined by your prescribing healthcare professional.

CLEANING INSTRUCTIONS

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.



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Please read carefully.
Correct application
is vital to the proper
functioning of the brace.



Step 1:

Unbuckle all straps and place foot in splint.



Step 3:

Attach the foot (bottom) and calf (top) straps. Adjust Velcro as needed.

*If numbness, tingling or other discomfort is experienced, loosen the strap until comfortable. If any of these symptoms persist, contact your medical professional.



Step 2:

Attach the ankle strap. Adjust the Velcro until comfortable. Do not overtighten the strap.



Step 4:

Side straps may be adjusted to increase or decrease the angle of the foot.

*Adjustments may be necessary if discomfort is experienced.