

Plantar Fasciitis Soft Night Splint

Application Instructions

1. Flex knee when applying.
2. Attach the instep strap first to hold heel into splint.
3. Extend knee to check tightness of instep strap.
4. Next adjust remaining straps and close buckles.
5. For additional stretching place toe wedge under liner.
6. Prone position with pillows under the shins is acceptable.

CAUTIONS

Over stretching, especially during extended wear (several hours) may produce temporary numbness and tingling. This is usually a rare situation and can be avoided by maintaining the stretch arc. If symptoms such as the above occur, loosen the stretch straps or remove the splint. Symptoms should resolve within several minutes. If symptoms persist or condition worsens, discontinue use of the splint and contact your physician.



WARNING

REMOVE BEFORE WALKING. WALKING WHILE WEARING THE PLANTAR FASCIITIS NIGHT SPLINT IS NOT RECOMMENDED.

Care:

Liner, Pads, Straps: Hand wash with mild detergent. Air Dry.

Shell:

Clean with damp cloth and mild detergent. Wipe dry.



Manufactured For:

Breg, Inc.
2611 Commerce Way
Vista, CA 92081 U.S.A.
P: 800-321-0607
F: 800-329-2734

www.breg.com
Breg is an Orthofix company

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