

Plantar Fasciitis Soft Night Splint

Application Instructions



WARNING

REMOVE BEFORE WALKING. WALKING WHILE WEARING THE PLANTAR FASCIITIS NIGHT SPLINT COULD RESULT IN SLIPPING AND FALLING.

CAUTION

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.

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.

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.
2885 Loker Ave. East
Carlsbad, CA 92010 U.S.A.
P: 800-321-0607
F: 800-329-2734
www.breg.com

AW-1.94003 Rev C 1012

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