



PLANTAR FASCIITIS NIGHT SPLINT

Model No: 58-409

Sizes: Small - XX-Large
Color: Black

INDICATIONS:

- Plantar Fasciitis
- Achilles Tendonitis
- Plantarflexion Contracture
- Heel Spurs
- Equinus Conditions
- Pronation Syndromes
- Muscle Tightening
- Runners' Cramp

Size	Men's Shoe	Women's Shoe
Small	Under 6	5 - 7
Medium	6 - 8	7 ½ - 9 ½
Large	8 ½ - 10 ½	10 - 12
X-Large	11 - 13	Over 12
XX-Large	Over 13	—

US Patent D434,504

800-327-4110

The HealWell® Night Splint is designed to comfortably position the foot in a controlled amount of dorsiflexion to provide a gentle stretch to the plantar fascia and Achilles Tendon. This gentle stretch helps reduce the muscle contracture, inflammation and associated pain. It has also been clinically proven to reduce symptoms of plantar fasciitis.

PRODUCT FEATURES:

- Made of strong spring-action plastic with ventilated calf area to allow for comfort and breathability
- Three strategically place comfortable padded straps to ensure the foot is completely maintained in the correct position
- Open cut heel design allows for the foot to be comfortable and properly positioned
- Easy push lock buckles
- Removable liner helps wick moisture way from the skin
- Adjustable bilateral dorsiflexion straps are easy to adjust to control the amount of dorsiflexion (0-10 degrees) and stretch to the Plantar Fascia
- Removable foam wedge provides additional toe extension
- Non-slip bottom (not intended for ambulation)



HOW TO APPLY:

1. Unfasten all closures.
2. In order to maximize the angle of dorsiflexion, the night splint should be applied with the knee in a flexed (bent) position.
3. **IMPORTANT** – ensure the heel is placed as far back in the splint as possible. 4. The instep strap should be secured first in order for the heel to be held in place in the splint. Position the foot in the splint, adjust the length of the strap and secure the buckle.
5. The tightness of the instep strap should be checked by extending the knee.
6. After ensuring that the instep strap is properly secured, the calf and foot straps may be adjusted and secure.
7. The bilateral adjustable straps are used to set the amount of dorsiflexion and stretch. The night splint is set at five degrees of dorsiflexion. Set the dorsiflexion straps to a comfortable tolerance.
8. The toe wedge may be used for additional stretching by placing it under the liner.

CARE INSTRUCTIONS:

Liner: Machine wash on gentle cycle or hand wash in cold water with a mild soap. Rinse thoroughly. Wrap in a towel to remove excess water. Do not twist or wring. Air dry away from heat or tumble dry on cool. Do not bleach. Ensure completely dry before reapplying. **For Shell and Straps:** Spot clean with a soft cloth and mild soap. Rinse and wipe dry or air dry.



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