

# Dorsal Night Splint

## PATIENT APPLICATION



**BEFORE USING THIS DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.**

**INTENDED USE/INDICATIONS:**

Helps alleviate pain associated with Plantar Fasciitis.

**CONTRAINDICATIONS:**

This product is not designed for the patient in a weight bearing situation or everyday ambulation, or for patients allergic to Neoprene.

**WARNINGS AND PRECAUTIONS:**

This device is not intended for unsupervised public use. If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, consult your medical professional immediately.

**CLEANING INSTRUCTIONS:**

Liner may be removed and hand washed with mild soap in cold water. Rinse thoroughly. AIR DRY.

**WARNING:** NEOPRENE SUPPORTS SHOULD NOT BE WORN BY INDIVIDUALS WITH KNOWN SUSCEPTIBILITY TO DERMATITIS OR ALLERGIES TO NEOPRENE BY PRODUCTS.

FOR SINGLE PATIENT USE ONLY.

**WARRANTY:**

DJO, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale.

**NOTICE:**

WHILE EVERY EFFORT HAS BEEN MADE IN STATE OF THE ARTTECHNIQUES TO OBTAIN THE MAXIMUM COMPATIBILITY OF FUNCTION, STRENGTH, DURABILITY AND COMFORT, THIS DEVICE IS ONLY ONE ELEMENT IN THE OVERALL TREATMENT PROGRAM ADMINISTERED BY A MEDICAL PROFESSIONAL. THERE IS NO GUARANTEE THAT INJURY WILL BE PREVENTED THROUGH THE USE OF THIS PRODUCT.

## Application Information

The splint should be applied with the patient seated. A sock may be worn on foot for additional comfort.

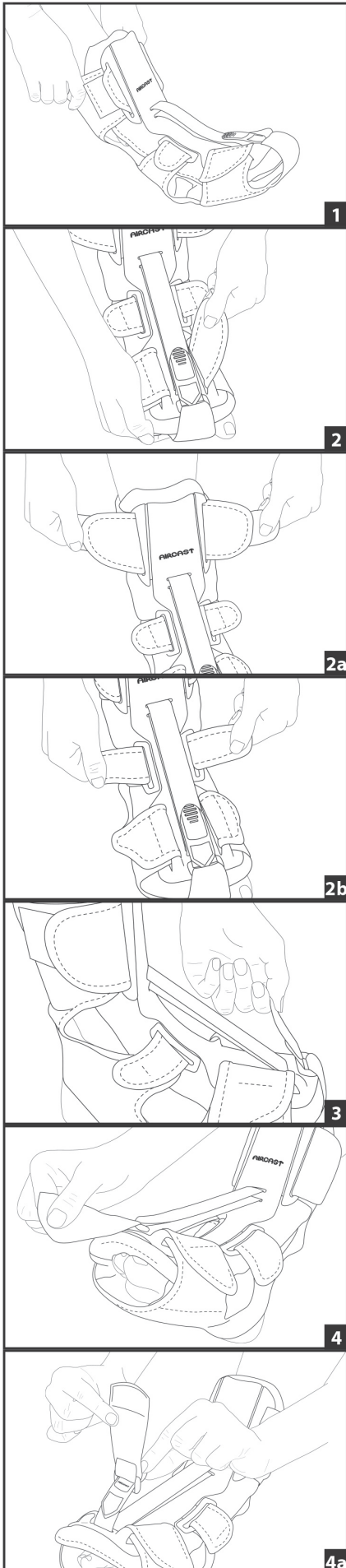
### Preparation:

- A. Ensure that the splint is "right side up" – the "toes" on shell indicate where foot is placed and the non-skid material should be positioned on the bottom, under the forefoot.
- B. Loosen all the straps including the dorsi-flexion pull strap at the front of the splint. It's recommended the brace is applied like a sock. Loosen all straps without pulling through D-rings. Secure strap ends at longest point back onto itself.

### Application of splint:

- 1) Slide the foot into the splint as if putting on a sock. Ensure that the toes and ball of the foot are comfortably positioned within the forefoot section of the splint and the heel is comfortably seated within the heel cut out area.
- 2) With the foot comfortably positioned in the splint, secure the forefoot straps first, then the calf straps (2a). Then, if needed, tighten the middle straps (2b). The straps should be snug, but not too tight. Do not over tighten the straps.
- 3) For additional stretch on the Plantar Fascia, pull up on the dorsi-flexion adjustment strap until the desired amount of stretch is achieved.
- 4) The splint has a toe strap that serves to create a more snug fit, "wedging" the toes comfortably in the splint. This strap can be easily removed, if desired (4a).

**Note:** For ease in ambulation, release the dorsi-flexion strap.



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