

Plantar Fasciitis Night Splint

FITTING INSTRUCTIONS



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AW-1.90211 REV A

W A R N I N G S

CAUTION: FEDERAL LAW RESTRICTS THIS DEVICE TO SALE BY OR ON THE ORDER OF A LICENSED HEALTH CARE PRACTITIONER.

CAUTION: FOR SINGLE PATIENT USE ONLY.

CAUTION: IF YOU EXPERIENCE INCREASED PAIN, SWELLING, OR ANY ADVERSE REACTIONS WHILE USING THIS PRODUCT, IMMEDIATELY CONSULT YOUR MEDICAL PROFESSIONAL.

WARNING: CAREFULLY READ FITTING INSTRUCTIONS AND WARNINGS PRIOR TO USE.

WARNING: THIS DEVICE WILL NOT PREVENT OR REDUCE ALL INJURIES. PROPER REHABILITATION AND ACTIVITY MODIFICATION ARE ALSO AN ESSENTIAL PART OF A SAFE TREATMENT PROGRAM.

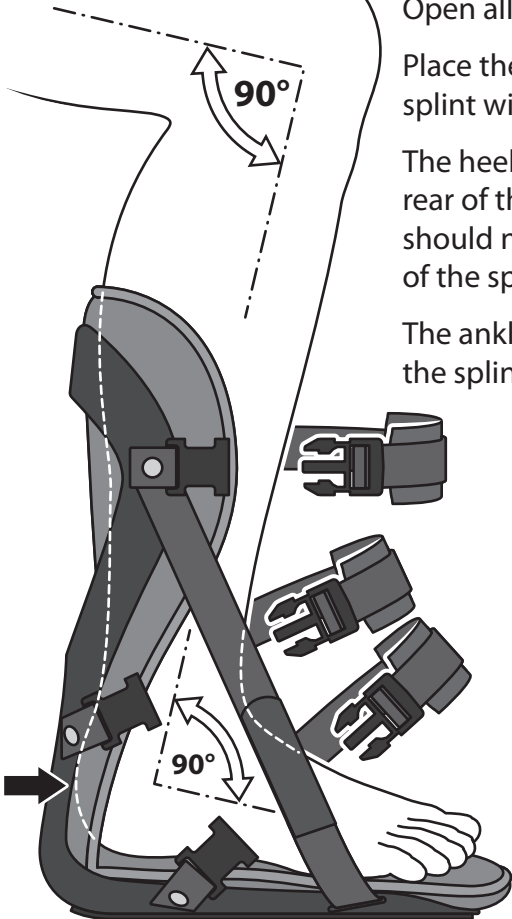
1

Open all 3 buckles.

Place the affected foot in the splint with knee in flexed at 90°.

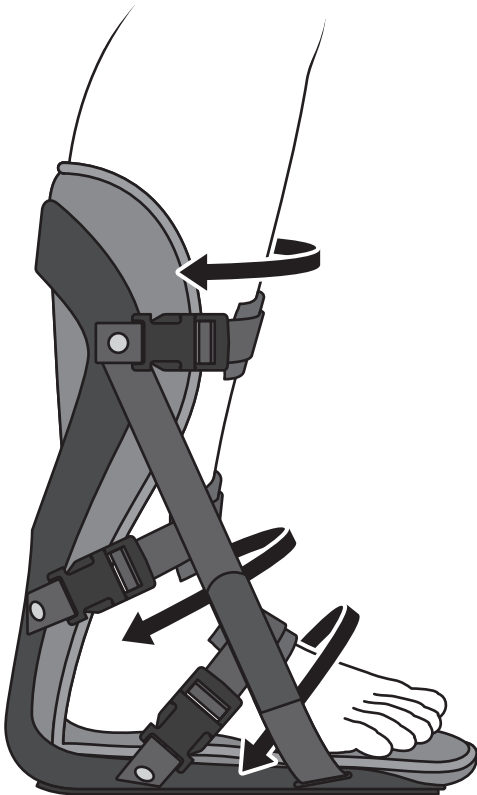
The heel should be at the very rear of the splint and the toes should not extend past the end of the splint.

The ankle should be at 90° when the splint is properly positioned.



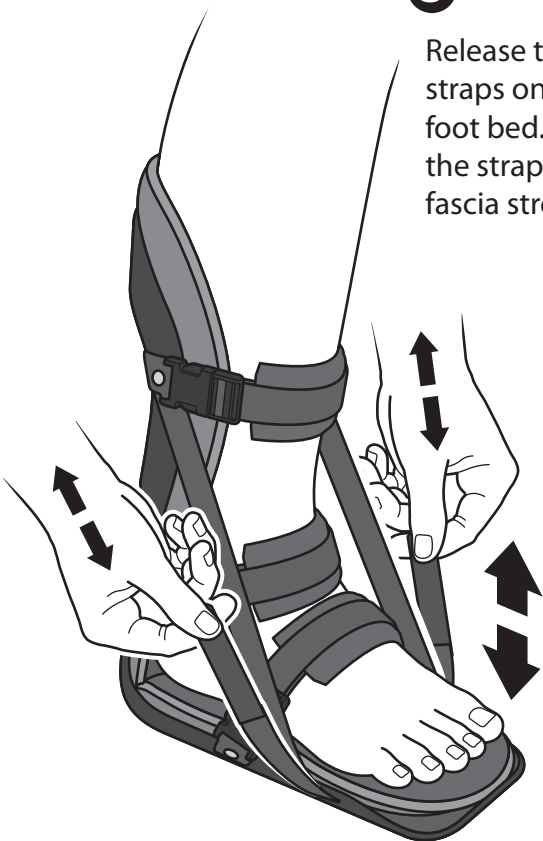
2

Fasten the buckles. If necessary, adjust the buckles to ensure a secure and comfortable fit.



3

Release the hook and loop straps on each side of the foot bed. Pull up, or lower the straps to adjust plantar fascia stretch.



4

To achieve additional stretch, pull the front portion of the liner away from the footplate and insert the 5° foam wedge between the liner and the footplate.



Washing Instructions: Remove liner from Night Splint foot base and hand wash in warm water using a mild detergent. Air dry.