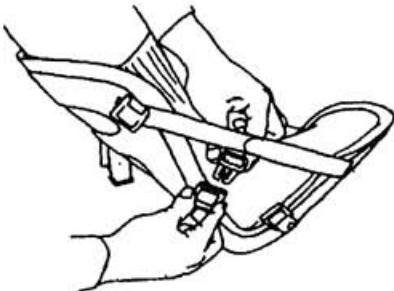


P.F.S.TM Plantar Fasciitis Night Splint

Designed for treating plantar fasciitis and achilles tendonitis



1. Place foot in splint with knee in flexed position to achieve the desired degree of dorsiflexion.



2. Attach the ankle strap. Adjust the length of the Velcro until comfortable. Do not overtighten straps.



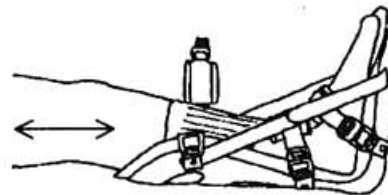
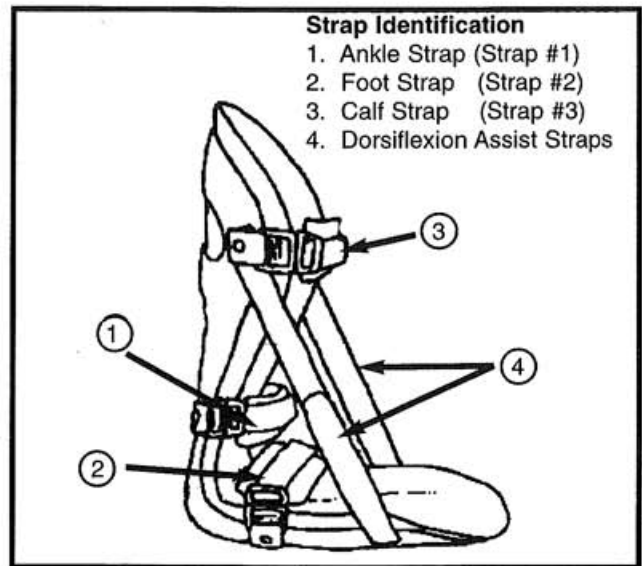
3. If numbness, tingling or other discomfort is experienced, loosen straps until comfortable. If either of these symptoms persist, contact your medical professional. Repeat steps 2 and 3 for the foot strap.

CARE INSTRUCTIONS

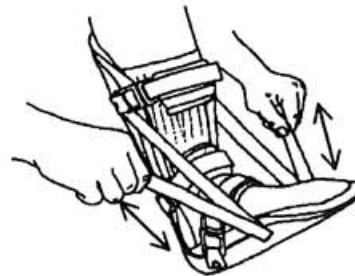
Shell can be wiped clean with a damp cloth using mild soap or disinfectant. Wipe dry. Liner and straps can be hand washed in cold water with mild soap. Air Dry.

CAUTION

Use this product only under the guidance of a physician or certified medical professional. If any problems occur with the use of this product, please immediately contact your medical professional. This product is not designed to be worn while ambulating outdoors or on uneven or slippery surfaces.



4. Extend the knee to check the tightness of the ankle and foot straps. Adjust velcro as needed. Repeat steps 2 and 3 for the calf strap.



5. Dorsiflexion assist straps may be gradually adjusted to increase or decrease foot angle. Incremental adjustment may be necessary if discomfort is experienced. Do not ambulate (walk) while wearing splint.

**DO NOT WALK WHILE WEARING SPLINT OR
ATTEMPT TO PLACE WEIGHT ON THE FOOT WHILE USING THIS SPLINT**