

AliMed® D2™ PF Night Splint

Description

The D2 PF Night Splint overcomes the major source of patient non-compliance with night splints by allowing the patient to start with a more gradual stretch and progress as their condition improves. Splint allows the patient to control the degree of stretch tolerable for all-night wear and maximum effectiveness. The D2 PF Night Splint can be used to stretch the plantar fascia, Achilles tendon, or calf musculature for the treatment of plantar fasciitis, or after post-operative immobilization of the ankle.

Application

Initial Fitting: Ensure dynamic stretch cord is in position number "1" prior to application. *Figure 1*

1. Unfasten toe and calf straps.
2. Slip mesh portion on foot so it covers arch and ball of foot. *Figure 2*
3. Wrap toe strap and secure to hook. Do not over-tighten strap. *Figure 3*
4. Bring toes up toward shin so top section of splint touches patient's shin. Wrap calf strap around leg and secure to hook. Do not over-tighten strap. *Figure 3*
5. Trim straps to desired length once appropriate fit has been determined.
6. Adjust dynamic cord for the desired amount of force.

Cord Adjustment: Adjust dynamic cord to provide a tolerable level of stretch, while allowing all-night wear. Cord can be adjusted with splint on or off the leg.

1. To adjust cord, grab cord with both hands on either side of the notch and push down and away to remove. *Figure 4*
2. Adjust cord for greater or less stretch force as desired. Select the new position, slip the cord into the notch, and pull upward to secure.



Figure 1



Figure 2



Figure 3



Figure 4

Manufactured by:



AliMed® inc.

297 High St., Dedham, MA 02026 USA
PH 800-225-2610 • FAX 800-437-2966

www.AliMed.com

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Made in USA

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Care

Shell: Wipe clean with damp cloth and mild soap.

Liner: Remove from shell and secure straps to exposed hook. Hand wash with mild detergent. Air dry.

Precautions and Contraindications

For limited ambulation only. Not for use with footwear. If used for post-op immobilization, care should be taken not to comprise the surgical site with aggressive stretching. Consult your healthcare provider for proper stretch force adjustment.

Construction

Polycarbonate shell, neoprene and terrycloth liner, elastic cord.

Reorder Information

#ZX65341	GTIN #0733657198720	D2 Night Splint, Med.
#ZX65342	GTIN #0733657198737	D2 Night Splint, Lg.
#ZX65 34106	GTIN #073365719872062	Med., 6/cs
#ZX65 34206	GTIN #073365719873069	Lg., 6/cs
#ZX65479	GTIN #0733657198928	Mixed Case (3 Med., 3 Lg.)

Sizing: Med. fits Women's shoe size 6-9½, Men's 5-8½;

Lg. fits Women's 10-15, Men's 9-14.

Patent 7,918,813

Related Products



Accommodator™ Daytime Plantar Fasciitis Pain Relief.

#ZX6810	Size 0	Child: 2"W x 5½"L	#ZX6814	Size 4	W 10	M 9-10½	
#ZX6811	Size 1	W 5-6	#ZX6815	Size 5	W 11	M 10½-11	
#ZX6812	Size 2	W 6-8	M 7-8	#ZX6816	Size 6	W 12	M 11-12
#ZX6813	Size 3	W 8-9½	M 8-9	#ZX6817	Size 7	W 13	M 12-13

Mini Thera-Rolls™ 3½" in diameter, targets plantar fascia to help stimulate blood flow and reduce pain and swelling. Firm ridges offer excellent soft tissue manipulation and isolate trigger points better than standard foam rollers. For Plantar Fasciitis, rolls can be stored in the freezer prior to use to help relieve inflammation and pain. Exterior surface resists dirt and wipes clean. Durable closed cell foam won't absorb moisture or bottom out with use. 2/pk: One medium (4 lb.) and firm (6 lb.) roller. 6"L x 3½" Diameter.

#ZX32395 Mini Thera-Rolls



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