

FREEDOM® Dorsal PF Night Splint

Instructions for Application, Use and Care

Description

The FREEDOM® Dorsal PF Night Splint is easy to wear and easier to tolerate than plantar-based night splints. Flexible shell positions foot in 90°, gently stretching the plantar fascia and calf musculature to help relieve heel pain associated with plantar fasciitis. Wide neoprene calf and toe straps comfortably hold splint in place. Gel padding on top of foot reduces pressure points. Plastic-free bottom allows safer nighttime ambulation.

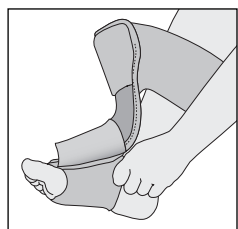
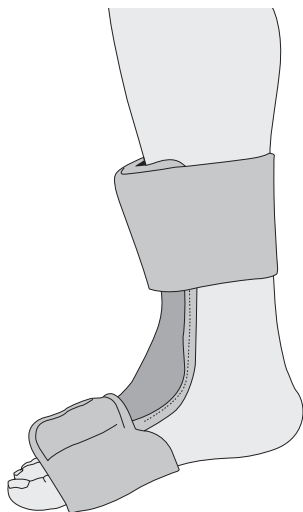


Figure 1

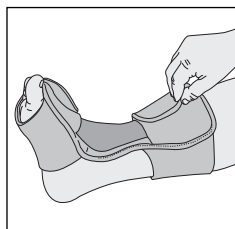


Figure 2a

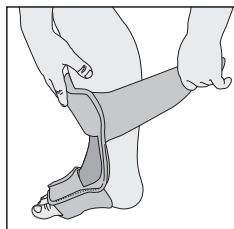


Figure 2b

Use

1. Unfasten the calf and outer forefoot straps.
2. Slide foot into inner elastic forefoot strap. Position elastic strap over the ball of foot. This strap assists in application of brace and should not be overly tight (Figure 1).
3. Wrap outer forefoot strap around ball of foot to secure splint in place.
4. Pull splint tight against shin and fasten calf strap (Figure 2a). Alternatively, you can stand up and bend your knee until the splint is against the shin, then fasten calf strap (Figure 2b).
5. Adjust straps for comfort. Do not over tighten.

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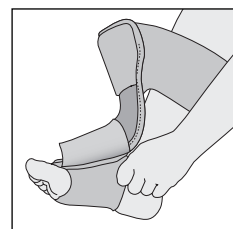


Figure 1

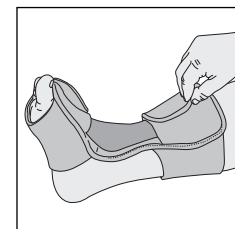


Figure 2a

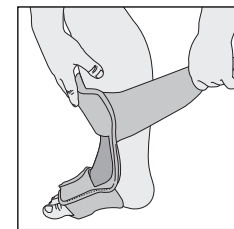


Figure 2b

Use

1. Unfasten the calf and outer forefoot straps.
2. Slide foot into inner elastic forefoot strap. Position elastic strap over the ball of foot. This strap assists in application of brace and should not be overly tight (Figure 1).
3. Wrap outer forefoot strap around ball of foot to secure splint in place.
4. Pull splint tight against shin and fasten calf strap (Figure 2a). Alternatively, you can stand up and bend your knee until the splint is against the shin, then fasten calf strap (Figure 2b).
5. Adjust straps for comfort. Do not over tighten.

Care

Remove plastic shell from liner. Liner: Hand wash with mild detergent. Rinse. Air dry thoroughly before application. Shell: Wipe with damp cloth. Towel dry.

Contraindications

Do not use if poor circulation or decreased sensation is present. Do not overtighten straps. Check frequently for skin redness, irritation or impaired circulation. Limited ambulation.

Construction

Polypropylene shell, Neoprene, Urethane gel, hook and loop. Product does not contain latex.

Warranty

AliMed® inc. warrants this product will be free from defects in material and/or workmanship for six months from date of purchase. No claims will be allowed against AliMed if the product has been altered, neglected, damaged or used in a manner, which in the opinion of AliMed adversely affects the product's performance. Failure to follow instructions provided will void warranty and possibly lead to patient injury.

Reorder Information

#ZX66113	Medium	#ZX66113 25	Medium, 25/cs
#ZX66114	Large	#ZX66114 25	Large, 25/cs

Sizing: Medium fits Wmns shoe size 6-10, Mens 5-9; Large fits Wmns 10½-15, Mens 9½-14

Made in USA



Manufactured for:

 **AliMed® inc.**
Dedham, MA 02026-9135

www.AliMed.com
#5925

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