

## What is Plantar Fasciitis?



It is an inflammation of the plantar fascia, a ligament structure that supports the longitudinal arch of the foot. Plantar fascia is a tough, fibrous band of connective tissue that runs from the heel bone to the ball of the foot. Plantar Fasciitis is caused by repetitive strain and is the most common cause of localized heel pain.

### Common Symptoms of Plantar Fasciitis:

- Starts as a dull, intermittent pain in heel or arch, progressing to a sharp, persistent pain.
- A sharp, piercing pain and/or inflammation through heel and foot that usually occurs in the morning or after resting and gradually disappears with walking.
- Tightness in calf muscles.
- Symptoms may be spontaneous.

### Common Causes of Plantar Fasciitis:

- Inflammation and pain result from increased activity or in association with aging.
- Inflammation is usually the result of athletic activity and can be very painful, especially in the morning after cramping of feet and legs during sleep.
- Flat feet or high arched, rigid feet.
- Poor supporting shoes.
- Large weight gain in a short period of time.
- Running on hills or uneven surfaces.
- Running on the balls of feet.

## Terms

### PLANTAR SURFACE

Refers to the sole or bottom of the foot

### DORSIFLEXION

Toe-up motion of the ankle expressed in degrees from the 0-degree position of the foot at rest on the ground in the standing position.



Dorsiflexion

Gentle Dorsiflexion is "good" because it stretches and lengthens the tendons and muscles.

### PLANTAR FLEXION

Toe-down (pointing the toes) motion of the ankle expressed in degrees from the 0-degree position of the foot at rest on the ground in standing position.



Plantar Flexion

Plantar Flexion is "bad" for plantar fasciitis, leg cramps, foot drop and Achilles Tendonitis because it contracts the tendons and muscles.

### NEUTRAL POSITION

The 0-degrees position of the foot at rest on the ground in standing position.



Neutral

### PRONATION

Flattening out of the arch when the foot strikes the ground. The ankle will 'tip' downward and towards the inside.



Pronation



## PLANTAR FASCIITIS NIGHT SPLINT Resting Comfort Slipper™

Model 58-500

Can be worn with or without socks.  
Specify left or right – cannot be worn on opposite foot.

| Sizes  | Fits Women's Shoe | Fits Men's Shoe |
|--------|-------------------|-----------------|
| Small  | 7 ½ and under     | 6 ½ and under   |
| Medium | 8 - 11 ½          | 7 - 10 ½        |
| Large  | 12 and up         | 11 - 13         |

Wear two for bi-lateral treatment (both feet).

### CARE INSTRUCTIONS:

Spot clean the liner with a soft cloth, water and mild soap. Do not submerge the product in water. Wipe dry and air dry.

### WARNING:

**DO NOT WALK IN THIS SPLINT.  
REMOVE SPLINT BEFORE WALKING.**

Consult a physician if pain, swelling or unusual reactions are experienced. This device is only one element in the overall treatment program. There is no guarantee that injury will be cured or prevented through use of this product.

*The information provided here is for educational and reference purposes only.*

For more information, please visit  
[www.HealWellinfo.com](http://www.HealWellinfo.com)



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Manufactured in the USA By  
**FLA ORTHOPEDICS®**  
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## PLANTAR FASCIITIS NIGHT SPLINT Resting Comfort Slipper™



HealWell® Cub™ Night Splint can be used to treat the following conditions:

- Plantar Fasciitis
- Calf Muscle Cramps
- Muscle Tightening and Runner's Cramps
- Foot Drop
- Paratenon Tendonitis
- Achilles Tendonitis
- Heel and Arch Pain
- Pronation Syndromes
- Calcaneal Apophysitis
- Post-surgical treatment of the foot

*HealWell® Cub™ is designed to control the angle or degree of dorsiflexion while relaxed, at rest or during sleep.*

Night splints should not be used for the following conditions:

- Uncontrollable, severe plantar flexion spasticity
- Fixed Ankle Contractures
- During weight-bearing activities

**DO NOT WALK IN THIS SPLINT**



## HOW DOES THE HEALWELL® CUB™ RESTING COMFORT SLIPPER™ NIGHT SPLINT WORK?

Plantar fasciitis splints are called "night" splints because they are typically worn at night during sleep or while resting after activity. Often the most severe pain and inflammation of plantar fasciitis is experienced in the morning, causing the first few steps to be excruciating. The position of the feet and ankles as we sleep promotes cramping of the fascia and calf muscles. When feet are pointed under the weight of blankets the plantar fascial ligament is contracted (shortened). Those first steps in the morning are painful because the muscle and ligaments, which have been contracted all night, are suddenly stretched and pulled.

The HealWell® Cub™ Night Splint is designed to comfortably position the foot in a controlled amount of dorsiflexion to provide a gentle stretch to the plantar fascia and Achilles Tendon. This gentle stretch helps reduce the ligamentous contracture, inflammation, and associated pain, and helps promote healing of the injured soft tissues. Night splints have been clinically proven to reduce symptoms of plantar fasciitis.

### PRODUCT FEATURES

Low Profile, Lightweight with Less Bulk for Superior Comfort  
Easy and Quick to Apply  
Cool, Breathable Foam Material

Lateral Side Support with Opening Ensures No Pressure on the Sensitive Heel, Achilles Tendon, or Bony Ankle Malleolus

Open Toe "Slipper" is Comfortable Against the Foot and Easy to Sleep In. Cool and Comfortable to Wear

Adjustable Hinge can be Positioned from 0 to 10 Degrees Depending on the Amount of Stretch Required

Built in Toe Wedge with an Additional 5° Plane for Even Greater Stretch Across the Plantar Fascia



## APPLICATION INSTRUCTIONS

Before applying, set the desired amount of dorsiflexion. See the chart for suggested set point according to the condition.

**For self-setting ONLY use either neutral (0°) or 5° dorsiflexion; 10° should only be set on physician's advice.**

**The HealWell® Cub™ is pre-set to 5° dorsiflexion.** This is the most commonly indicated setting for Plantar Fasciitis treatment.

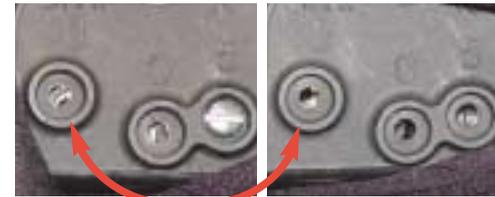
| Condition                           | Amount of Dorsiflexion                      |
|-------------------------------------|---------------------------------------------|
| Plantar Fasciitis                   | 0°, 5° and up to 10° on advice of physician |
| Achilles Tendonitis                 | } 0°, 5° or as prescribed by physician      |
| Calf Muscle Cramps                  |                                             |
| Achilles Repair (Post-Op)           | Only on advice of physician 0-10°           |
| Foot Drop                           | } 0° Neutral, or as prescribed by physician |
| Post Surgical Treatment of the Foot |                                             |

### SET THE AMOUNT OF DORSIFLEXION



HealWell® Cub™ is pre-set at the 5° setting. To change the amount of dorsiflexion, unfasten snaps on the lateral side to expose hinge.

The 0°, 5° and 10° set holes are labeled on the lateral side of the plastic upright. Remove set screw with a flat head screwdriver and slightly pivot the splint forward to align the desired set hole.



10° Setting Aligned

**NOTE - ONLY A VERY SLIGHT PIVOT IS NECESSARY TO CHANGE DEGREE SETTING.** Screw into place - do not over tighten. Fasten snaps in place.



Inside Shell - Lateral Side

Adjustable hinge can be positioned from 0 to 10 degrees depending on the amount of stretch required or desired.



### HOW TO APPLY THE COMFORT SLIPPER

1. While sitting, bend knee forward so it is completely over the foot with the foot flat on floor.



2. Flex foot with toes pointing upward and place in the slipper boot. Ensure heel is in full contact with the back of the slipper boot. Splint should be parallel with the leg and always on the lateral (outer) side.



3. Fasten closure on top of foot. Secure the top calf wrap, ensure snug but not too tight.

4. Loop ankle strap through buckle for a secure fit and to maintain proper foot position. The strap location holds the heel in proper position to ensure effective dorsiflexion.



Lateral (Outside)



Medial (Inside)

HealWell® Cub™ is designed to control the angle or degree of dorsiflexion while at rest. The splint can be worn at night or rest but **not during weight bearing activities.**

### REMOVE THE SPLINT BEFORE WALKING.

The Cub™ is **NOT** designed for walking – use only while at rest or during sleep. Cub™ is designed to move smoothly against bedding and, consequently, has no walking sole which is required for safe ambulation.

The Cub™ is **NOT** designed to immobilize or rigidly hold the foot. The only objective of the Cub™ is to comfortably control the plantar surface while relaxed, at rest or during sleep.

*Can be worn either with or without socks.*