

Contributions by Brenda Chan, PT, Torrance, CA

None of the included information is meant to replace the advice of a medical professional. Strengthening exercises should not begin until symptoms have diminished. Any strengthening or stretching exercise should not cause pain.



NIGHT SPLINT

FOR PLANTAR FASCIITIS AND ACHILLES TENDINITIS

DIRECTIONS

1. Detach all straps and, while sitting, place foot in Pro-Tec Night Splint.
2. Press heel deep into brace's heel area and attach ankle strap by pulling strap across top of ankle, feeding strap through plastic loop. Pull strap through loop to a firm, yet comfortable compression level and reattach in front of ankle with velcro closure.
3. Wrap additional straps over the foot and lower leg to firm, comfortable compression levels. Attach, with velcro, to brace or strap itself.
4. Toe Wedge is included within Night Splint to provide extra dorsiflexion. If a lesser degree of dorsiflexion is desired, Toe Wedge can be removed by sliding off Night Splint cover.
5. Use during periods of inactivity (sleeping) to stretch plantar fascia and Achilles tendon.

Washing: Slip cover is removable for washing. Light soap or rinse. Drip dry.

Note: This brace is meant to be used under the advice of a medical professional.

NON WEIGHT BEARING DEVICE-THIS BRACE IS NOT DESIGNED TO BE WALKED ON.

If any problems develop from the use of this product or if injury conditions do not improve, contact a medical professional immediately.

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HOLDS FOOT IN SLIGHT DORSIFLEXION (5 DEGREES) TO PROVIDE GENTLE STRETCH TO PLANTAR FASCIA AND ACHILLES TENDON.



	Small	Medium	Large
Men	6-8.5	9-10.5	11-13
Women	6-8.5	9-11	11.5-13.5

(Measurement based on shoe size)