DeRoyal Night Splint

Single Patient Use Only • Rx Only

Night Splint Plantar Fasciitis Kit
Small NS2000-10 SC2000-10
Medium NS2000-12 SC2000-12
Large NS2000-14 SC2000-14

IMPORTANT INFORMATION
Please read all instructions before use.

DEVICE DESCRIPTION
The DeRoyal Night Splint is designed to support the affected foot in either a controlled amount of dorsiflexion (foot pointed upward) or neutral position to promote the healing of the plantar fascia (thin layer of deep fibrous tissue that connects to the heel bone).

INTENDED USE
This splint is intended to place the foot and ankle into approximately 5° of dorsiflexion. The amount of dorsiflexion may be adjusted by incorporating the 5° foam wedge and utilizing the bilateral dorsiflexion-assist straps. These straps will provide a low-load prolonged stretch to the plantar fascia and the Achilles tendon.

INDICATIONS
Plantar Fasciitis (inflammation of the thin layer of deep fibrous tissue that connects to the heel bone), Inflammation of the Achilles Tendon, Foot & Ankle Rehabilitation

CONTRAINDICATIONS
Heel Ulcers

WARNINGS
This night splint has been provided with a sole; however, it is NOT intended to be worn during ambulation or weight bearing. The sole is intended to protect the splint only.

PRECAUTIONS
• Consult your physician (or properly licensed practitioner) immediately if you experience sensation changes, unusual reactions, swelling or prolonged pain while using this product.

DIRECTIONS FOR USE
1. Open the buckle closures located on the side of the splint.
2. Place the affected foot into the splint. Ensure that the heel is placed into the back of the splint. The toes should not extend past the end of the splint. Note: Apply the splint sitting down, with the knee flexed at a 90° angle. The ankle should also be at a 90° angle when properly positioned.
3. Close the buckles and adjust, to ensure a snug, but comfortable fit. Ensure that the heel remains seated at the back of the splint. Readjust if necessary. Note: Do not adjust the bilateral dorsiflexion assist straps (located on both sides of the splint) unless instructed to do so by a physician.

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Adjusting the Bilateral Dorsiflexion Assist Straps

1. With the night splint on, release the hook and loop straps located on the side of the brace.

2. To increase the amount of gentle stretch, pull the straps in an upward fashion and secure.

3. To decrease the amount of gentle stretch, lower the straps and secure.

Note: Do not insert the 5° foam wedge unless instructed to do so by a physician.

Insertion of the 5° Foam Wedge:

1. Pull the foam liner away from the foot plate.

2. Insert the thin end of the wedge first between the foam liner and the foot plate.

3. Secure the wedge to the foam liner and the foot plate with the hook and loop.