



NIGHT SPLINT FOR PLANTAR FASCIITIS

- This orthosis is designed to reduce the morning pain in your foot.
- The function of the orthosis is to eliminate the painful morning stretching process by not allowing foot drop and the accompanying muscle tightening.
- When donning the orthosis make certain your heel is well seated inside the heel of the orthosis.
- Once the ankle is secure, the calf strap can be secured.
- Lastly, the strap above the ball of the foot is to be secured.
- The tow wedge should be positioned so that your toes are bending up at the creases.
- The orthosis is designed for nightwear, an in bed. The orthosis is not designed for walking. The plastic material is very slippery and does not provide traction.
- The plastic part of the orthosis can easily be cleaned with soap and water. The liner can be laundered, or hand washed. The liner should drip-dry to ensure no shrinkage. Ideally, the liner can be cleaned in the morning and left to dry all day and be ready to use at night.
- The Velcro straps are to be pulled snug, but not so tight as to cut the skin or cut off circulation. A good test is to be able to comfortably slide a finger or two easily under the strap.

If you have any questions or concerns about your night splint, please contact your Orthotist.