

Application Instructions

Product: P.F.S. Plantar Fasciitis Stretch Splint

Model: 48XX

- Designed to provide relief from pain and discomfort of plantar fasciitis and Achilles tendonitis.
- Allows the patient to apply consistent stretch to the plantar fascia by holding the foot in gentle dorsiflexion.
- Foam wedge is included for additional stretch on the plantar fascia.
- Lightweight design for patient comfort while sleeping.



Order #	Size	Men's Shoe Size	Women's Shoe Size
4833	Small	4 - 6	5 - 7
4855	Medium	6 - 10	7 - 11
4877	Large	10 - 13	11 - 14

SIZING: Measure according to shoe size. Fits either left or right foot.

HOW TO APPLY: Unfasten all straps. To maximize the angle of dorsiflexion, the night splint should be applied while seated with the knee bent. **IMPORTANT** – ensure the heel is placed as far back in the splint as possible. Position the foot in the splint, adjust the length of the strap. Secure the instep strap first to hold the heel in place. The tightness of the instep strap should be checked by extending the knee. Next, the calf and foot straps may be adjusted and secured. Use the bilateral adjustable straps to control the amount of dorsiflexion and stretch. Pull back the dorsiflexion straps to a comfortable tolerance and secure with the hook and loop closure. The toe wedge may be used for additional stretching by placing it under the liner. Adjust the straps if necessary.

CARE INSTRUCTIONS: Remove the liner from the splint. Hand wash in warm water with mild soap. Air dry away from heat. Do not machine wash or dry. Do not bleach. Spot clean the splint and straps with a damp cloth if needed.

CAUTION: Wear as recommended. Always consult a physician when encountering persistent pain, discomfort, inflammation, or swelling.

SUGG HCPCS CODE: L4396 (PDAC Reviewed)



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