

# ProWedge® Night Splint

## PATIENT APPLICATION



**BEFORE USING THIS DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.**

### **INTENDED USER PROFILE:**

THE USER SHOULD BE ABLE TO:

- READ AND UNDERSTAND THE DIRECTIONS, WARNINGS AND CAUTIONS.

### **INDICATIONS:**

Helps alleviate pain associated with plantar fasciitis.

### **WARNINGS:**

This product is to be used under the supervision of a medical professional. This device is not intended for unsupervised public use. If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, consult your medical professional immediately.

### **USE AND CARE:**

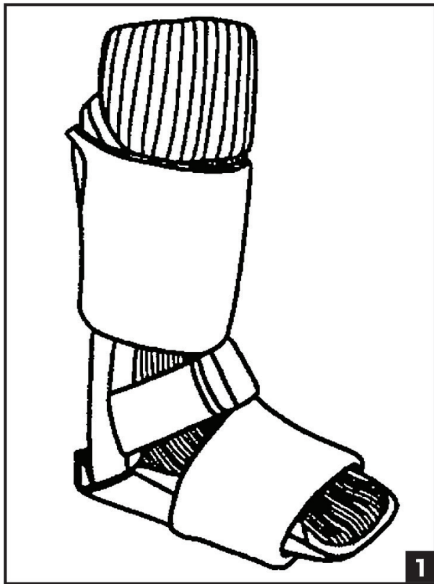
- Remove cover before washing by folding the toe portion of the insert against the back portion of the insert, and sliding the insert out of the cover. Once dry, replace the cover by folding the toe portion of the insert against the back portion of the insert, and sliding the insert into the cover.
- Hand wash the cover in warm water using mild soap. Allow the cover to air dry at room temperature. Do not use a washing machine to clean the cover. Do not dry the cover using artificial heat.

**FOR SINGLE PATIENT USE ONLY.**

### **WARRANTY:**

DJO, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale.

**NOTICE:** WHILE EVERY EFFORT HAS BEEN MADE IN STATE-OF-THE-ART TECHNIQUES TO OBTAIN THE MAXIMUM COMPATIBILITY OF FUNCTION, STRENGTH, DURABILITY AND COMFORT, THERE IS NO GUARANTEE THAT INJURY WILL BE PREVENTED THROUGH THE USE OF THIS PRODUCT.



## Application Information

### NOTE:

- The splint should be applied with the knee bent to maximize the angle of joint dorsiflexion.
- Before applying the splint overnight, apply the splint for one hour, then remove. Check for any irritation or discoloration of the foot or leg. If there is irritation or discoloration, the splint may need to be adjusted.
- The Night Splint may be worn at night while reclining or sitting.
- Non-skid material on bottom allows for limited ambulation.

- 1 Place the foot into the splint. Ensure that the heel is securely seated and that the big toe is within the confines of the splint.
- 2 Wrap the instep strap over the center of the ankle joint and secure in place using the hook closure.
- 3 Once the instep strap has been applied, straighten the leg out. Check the tightness of the instep strap. **NOTE:** If the heel rides up the splint, the instep strap is too loose. If the calf contracts, the instep strap may be too tight. Adjust the instep strap and recheck the tightness.
- 4 Once the instep strap is fit comfortably, secure the remaining straps along the foot and leg. **NOTE:** Ensure that the instep strap is well padded to prevent irritation. Cotton socks can be worn under the splint to provide additional protection.

**INSERTION OF WEDGE:** With the splint in place, slide the thin end of the foam wedge (blue side up) between the foot and splint. The thin end of the foam will rest under the heel and the thick end will rest under the big toe.

**PRECAUTION:** Do not apply the foam wedge until instructed to do so by a physician or other health care professional.



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