

HealWell

CUB™

PLANTAR FASCIITIS

NIGHT SPLINT

RESTING COMFORT

SLIPPER™

Model No: 58-500

Sizes: Small - Large

Color: Black

INDICATIONS:

- Plantar Fasciitis
- Achilles Tendonitis
- Heel and Arch Pain
- Post-Surgical treatment of the foot
- Foot Drop
- Pronation Syndromes
- Calcaneal Apophysitis
- Calf/Muscle Cramps
- Muscle Tightening and Runners' Cramps
- Paratenon Tendonitis

Size	Men's Shoe	Women's Shoe
Small	7½ & under	6½ & under
Medium	8 - 11½	7 - 10½
Large	12 & up	11 - 13

Specify right or left – cannot be worn on opposite foot. Can be worn with or without socks.

US Patents D497,207; D495,058; D481,798 & 7,182,743

The HealWell® Cub™ Night Splint is designed to comfortably position the foot in a controlled amount of dorsiflexion to provide a gentle stretch to the plantar fascia and Achilles Tendon. This gentle stretch helps reduce the ligamentous contracture, inflammation, and associated pain, and helps promote healing of the injured soft tissues. Night splints have been clinically proven to reduce symptoms of plantar fasciitis.

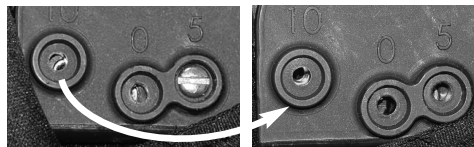


PRODUCT FEATURES:

- Easy and quick to apply
- Cool, breathable foam material
- Low profile, lightweight with less bulk for superior comfort
- Lateral side support with opening ensures no pressure on the sensitive heel, Achilles tendon, or bony ankle malleolus
- Open toe “slipper” is comfortable against the foot and easy to sleep in
- Adjustable hinge can be positioned from 0-10°, depending on the amount of stretch required
- Built-in toe wedge with an additional 5° plane for even greater stretch across the Plantar Fascia

HOW TO APPLY: Before applying, set the desired amount of dorsiflexion. *For self-setting, ONLY use either neutral (0°) or 5° dorsiflexion; 10° should only be set on physician's advice.*

To Set the Amount of Dorsiflexion: The HealWell® Cub™ is pre-set to 5° dorsiflexion. This is the most commonly indicated setting for Plantar Fasciitis treatment. To change the amount of dorsiflexion, unfasten snaps on the lateral side to expose hinge. The 0°, 5°, and 10° set holes are labeled on the lateral side of the plastic upright. Remove set screws with a flat head screwdriver and slightly pivot the splint forward to align the desired set hole. Screw into place; do not over tighten.



NOTE – only a very slight pivot is necessary to change degree setting.



To Apply the Comfort Slipper:

1. While sitting, bend knee forward so it is completely over the foot with the foot flat on the floor.
2. Flex foot with toes pointing upward and place in the slipper boot. Ensure heel is in full contact with the back of the slipper boot. Splint should be parallel with the leg and always on the lateral (outer) side.
3. Fasten closure on top of foot. Secure the top calf wrap, ensuring snug but not too tight.
4. Loop ankle strap through buckle for a secure fit and to maintain proper foot position. The strap location holds the heel in proper position to ensure effective dorsiflexion.



CARE INSTRUCTIONS:

Spot clean the liner with a soft cloth, water, and mild soap. Do not submerge the product in water. Wipe dry and air dry.