

## THANK YOU FOR USING THE VERTALOC® NIGHT SPLINT

This easy to use night splint was designed to provide relief from pain and discomfort of plantar fasciitis and achilles tendonitis.

(MODEL# VL302NS)

### YOU HAVE RECEIVED:

- ONE (1) NIGHT SPLINT COMPLETE WITH ATTACHED CLOSURE SYSTEM
- ONE (1) SOFT FOAM LINER (REMOVABLE)
- ONE (1) TOE WEDGE (REMOVABLE)

### FIT YOUR NIGHT SPLINT IN A FEW SIMPLE STEPS

1

OPEN ALL STRAPS AND PLACE YOUR FOOT IN THE SPLINT WITH KNEE IN FLEXED POSITION IN ORDER TO ACHIEVE DESIRED DEGREE OF DORSIFLEXION.



2

CLOSE THE ANKLE STRAP. ADJUST THE LENGTH OF THE STRAP UNTIL COMFORTABLE. DO NOT OVERTIGHTEN THE STRAP.



3

IF NUMBNESS OR ANY DISCOMFORT IS EXPERIENCED, LOOSEN THE STRAPS UNTIL COMFORTABLE. IF THE SYMPTOMS PERSIST, CONTACT YOUR PHYSICIAN. REPEAT STEP 2 FOR THE FOOT STRAP.



4

ATTACH THE CALF STRAP. DO NOT OVERTIGHTEN. EXTEND THE KNEE. REPEAT STEPS 2 AND 3 AS NEEDED.



CALF STRAP

DORSIFLEXION STRAPS

ANKLE STRAP

FOOT STRAP

DORSIFLEXION STRAPS ARE USED TO INCREASE OR DECREASE FOOT ANGLE. DO NOT WALK WEARING THE SPLINT UNLESS APPROVED BY YOUR PHYSICIAN.



THE REMOVABLE FOAM WEDGE IS USED TO INCREASE PLANTARFLEXION AND DORSIFLEXION. THE FOAM WEDGE IS TO BE USED ONLY UNDER THE TOES. DO NOT LEAVE IT IN THE HEAL AREA. INSERT THE WEDGE UNDER THE LINER UNDER THE TOES TO ACHIEVE ADDITIONAL DORSIFLEXION STRETCH.



**CAUTION: USE THIS PRODUCT UNDER THE GUIDANCE OF A PHYSICIAN OR CERTIFIED MEDICAL PROFESSIONAL. DO NOT USE THE NIGHT SPLINT OUTDOORS OR ON SLIPPERY UNEVEN SURFACE.**

### CARING FOR YOUR NIGHT SPLINT:

Hand wash fabric components in warm water using mild soap. Rinse thoroughly by hand, line dry only. Do not machine wash or dry. Do not expose to direct heat source such as heater, stoves, and radiators. Spot clean the shell and straps with a soft cloth and mild soap.

### VERTALOC® NIGHT SPLINT WARRANTY:

- Your Vertaloc® night splint is warranted to be free of material or workmanship defects.
- Any defective components of your Vertaloc® night splint may be replaced or credited at the discretion of Vertaloc, Inc.
- This product is warranted for one year from the date of purchase.