

SOFT SPLINT

FOR PLANTAR FACIITIS

DIRECTIONS



- 1 Loosen and then reattach side straps. Detach top strap (with logo).

Insert foot into open top end of compression sleeve.



- 2 Slide foot all the way through compression sleeve until foot rests comfortably on top of insole.

Wrap top strap (with logo) to a fairly tight, yet comfortable fit just below knee.

Attach velcro closure.



- 3 Bend toes back towards knee (dorsiflexion) and tighten side straps until foot reaches desired angle of dorsiflexion (stretch).



- 4 Attach velcro closure.

Now relax and let your Soft Splint do the work reducing tightness and promoting flexibility to the Achilles tendon and plantar fascia.

Note: The Pro-Tec Soft Splint can be worn throughout the night while sleeping or during any time of inactivity. It is ok to walk carefully while wearing but try to avoid pointing the toes as this may cause the compression sleeve to migrate downward.