

P.F.S.™ Plantar Fasciitis Stretch Splint

Please read the following instructions carefully and completely before use. Correct application is required to ensure proper function of the device.

Intended for single patient use.



WARNING: Do not walk or stand in night splint.



WARNING: Consult your healthcare professional:

- If your pain increases or persists
- If numbness, tingling, or discomfort persists
- If you experience any unusual reactions while using this product

APPLICATION INSTRUCTIONS

1. Unfasten the straps, place foot in splint, and position heel at the back of the splint. The toes should not extend past the end of the splint.
2. Bend the knee and flex the foot upward to achieve the desired degree of dorsiflexion (approximately 90°).
3. Fasten the calf, ankle, and foot straps. Adjust straps for comfort, not for tightness or excessive stretch. Do not over tighten straps.
4. Extend knee to ensure the splint is secure.
5. Release the hook and loop straps on each side of the foot bed (dorsiflexion assist straps). Pull up, or lower the straps to adjust the plantar fascia stretch.
6. Adjust straps or remove splint if discomfort, numbness or tingling occurs.

NOTE: Dorsiflexion assist straps may be gradually adjusted to increase or decrease foot angle. Incremental adjustment may be necessary if discomfort is experienced.

CARE INSTRUCTIONS: Remove liner from shell and hand wash with mild detergent. Air dry. Clean shell using a damp cloth and mild detergent. Wipe dry.

Please visit our website at www.birdcronin.com for additional product information or contact a customer care representative at **800-328-1095**.

NOTE: Every effort has been made to obtain the maximum compatibility of function, strength, durability and comfort with this product, however, there is no guarantee that injury will be prevented with its use.



**NOT MADE WITH
natural rubber latex**

