INSTRUCTIONS FOR NIGHT SPLINT

ALWAYS REMEMBER: YOU CANNOT WALK OR STAND ON THE SPLINT: IT WILL LEAD TO BREAKAGE OF THE DEVICE.

- When putting your night splint on, make sure your heel is placed all the way against the back of the device. The foot should be no higher than 90 degrees when utilizing the splint while asleep.
- Attach all straps so they are snug to your ankle, leg, and foot, but not too tight to where you feel numbness or tingling.
- Should numbness or tingling occur, loosen the three straps that go across the top of the foot and lower leg.
- Break your night splint in gradually. Do not expect to use the device through the entire evening on the first day of use. Calf cramping or discomfort is normal when adjusting to the splint. Gradually increase time in increments ranging from 30 minutes to an hour.
- The splint may also be used during the day while you are off your feet.
- You may adjust the side straps to increase foot angle while awake for additional stretching.
- Do not walk on the device.

COST OF DEVICE: First Step Foot Care can supply this piece of medical equipment that your physician has recommended for you. You could also make arrangements to obtain it on your own. Your insurance policy may or may not pay for this equipment. If your insurance does not pay for the braces and equipment, you will be responsible for payment in full. Also, if your insurance company applies the cost of this device to your deductible, you will need to pay for it personally. By accepting this piece of equipment, you are agreeing to pay for it. Your insurance will be billed $250.00 for this device.

PLEASE BE ADVISED THAT ONCE THE DEVICE IS REMOVED FOR OUR OFFICE, NO RETURNS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES; MANUFACTURER DEFECT IS THE ONLY EXCEPTION THAT WILL BE MADE. THEREFORE, IT IS THE PATIENT RESPONSIBILITY TO DETERMINE WHETHER YOU WILL USE THIS EQUIPMENT BEFORE YOU LEAVE OUR OFFICE. ONCE THE EQUIPMENT LEAVES OUR OFFICE, IT IS CONSIDERED USED AND CANNOT BE RETURNED FOR ANY REASON.

If you have any questions or concerns regarding this device, please call us at 847-487-2827