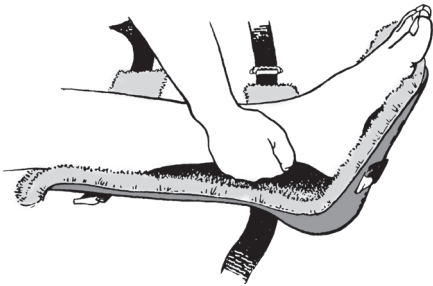


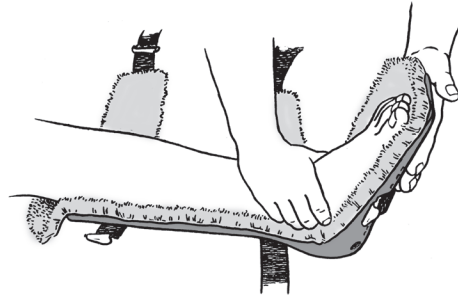
**Fit it. Form it.**

## Putting On Splint

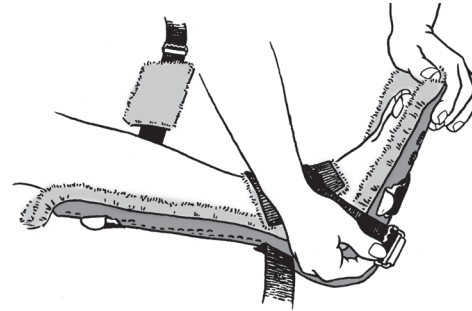
When the splint is on correctly you should be able to bend your knee all the way without having the splint rub the back of your knee.



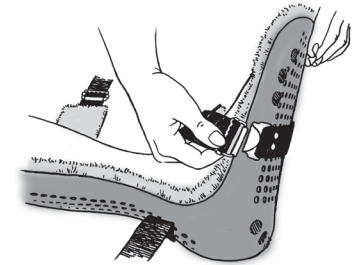
1. Place foot flat against the foot plate.



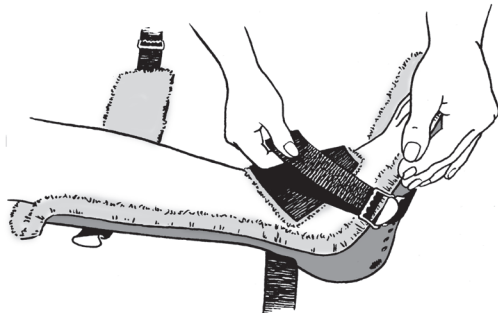
2. Gently, yet firmly, push down at the anterior ankle to slide the foot down in the splint at neutral position.



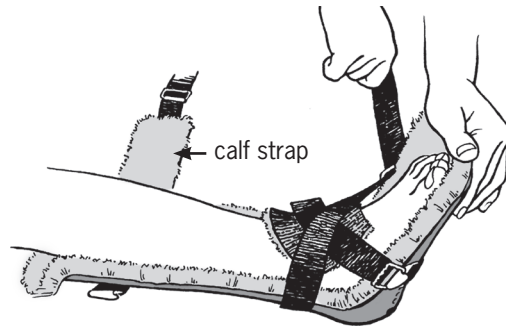
3. First, cross the **padded** ankle strap over the ankle to buckle.



4. Slide the bar of the slide buckle into the hook buckle.



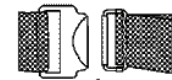
5. Pull on the strap to tighten. **DO NOT OVERTIGHTEN.** A finger should easily slide under the pad.



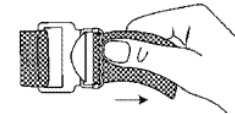
6. Cross the second ankle strap over the pad. Buckle. Bring the padded calf strap across the tibia and buckle.

## Buckles

### To Hook

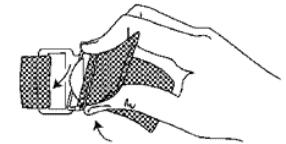


1. Straight bar goes into hook.



2. Pull strap end to tighten.

### To Release



1. Pull strap end over buckle.

2. Push thumb under strap behind buckle and turn bar out of hook.

## Wearing Schedule

Circle Instructions

### Left

2 Hours on / 2 Hours off  
Nights Only  
At All Times

### Right

2 Hours on / 2 Hours off  
Nights Only  
At All Times

### Purpose of Your Splint

- To Protect Broken Bones
- To Protect Soft Tissue
- To Prevent Muscle Tightness

## Splint Care

- If your splint should become uncomfortable or if redness/soreness appears at your heel or the base of you little toe, please contact the hospital, office or clinic where your splint was fitted.
- If your Fleece liner becomes dirty, you can easily remove and wash it. (machine wash and line dry liner and pads)
- If the splint is bent it will lose its therapeutic value.

For more information and frequently asked questions, visit [pfsmed.com](http://pfsmed.com)



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