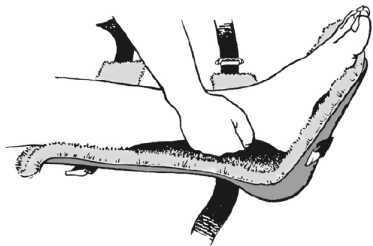


Seattle Splint Use and Care Instructions

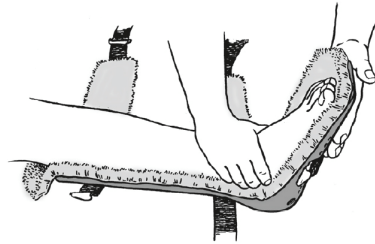
Instructional videos available on our website.
PFSMED.COM



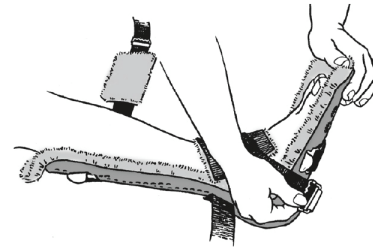
Putting on the Seattle Splint



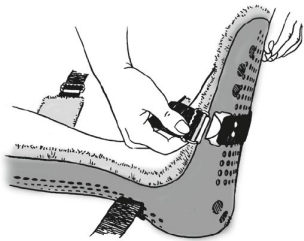
1. Place foot flat against the foot plate



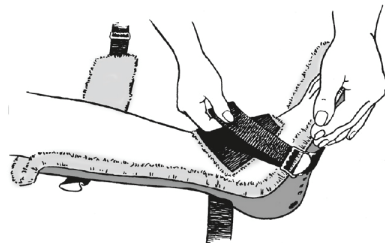
2. Gently, yet firmly, push down at the anterior ankle to slide the foot down into the splint at a neutral position.



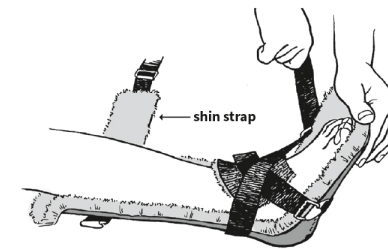
3. Cross the padded ankle strap over the ankle to buckle.



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

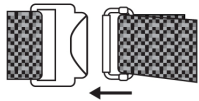


5. Pull on the strap to tighten. DO NOT OVERTIGHTEN. A finger should easily slide under the pad.

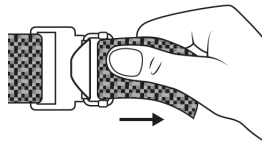


6. Cross the second ankle strap over the pad. Buckle. Bring the padded shin strap across the tibia and buckle.

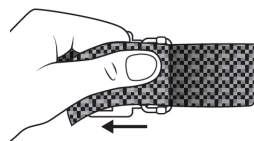
Using the buckles



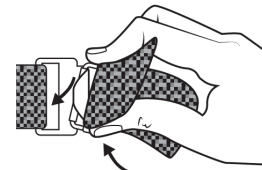
1. To buckle, the slide bar goes onto the hook.



2. To tighten, pull the strap end.



3. To loosen, pull the strap over the hook to release.



4. To unhook, turn the slide bar like a key to slip it out of the hook.

Purpose of your splint

- ☐ Protect broken bones
- ☐ Protect soft tissue
- ☐ Prevent muscle tightness

Splint Wear Schedule

Instructions (circle)

Left

2 hrs on/2 hrs off

Nights only

At all times

Right

2 hrs on/2 hrs off

Nights only

At all times

Splint Care

- If the fleece liner or pads become dirty, they can be easily removed, machine washed, and lined dried.
- If the splint is bent, it will lose its therapeutic value. Please contact your healthcare provider if this occurs.
- If your splint becomes uncomfortable, if redness and/or soreness appears at your heel or the base of your little toe, or if you have questions about your splint, please contact your healthcare provider.
