

Bledsoe *Nite 'N Day* Plantar Fasciitis Support



Council Directive 93/42/EEC
of 14 June 1993 concerning
Medical devices

Application Instructions CP020206 Rev. A 11/02

Flat Inner Sole Walker with Dorsiflexion Wedges for Treating Plantar Fasciitis

From the family whose name means braces



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days. This device is generally not intended for patients in excess of 250 lbs (114 kilos). This device is not intended to prevent injuries or reduce or eliminate the risk of reinjury.

Indications: Indicated for day and night use in the treatment of moderate to severe plantar fasciitis, as an aid in stretching the Achilles tendon, maintaining the foot in a dorsiflexed position, and maintaining the length an/or position of the plantar fascia.

Contraindications: This device is contraindicated for use on neuropathic diabetic patients with ulcerations on the plantar surface of the foot.

WARNING: Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. **If any additional pain or symptoms occur while using this device, seek medical attention.**

Warranty: This device is warranted to be free from defects in material and workmanship for a period of 90 days. This warranty applies to devices that have not been modified or subjected to misuse, abuse or neglect.

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For product information or questions pertaining to sales or service, please contact the national distributor in your area or the manufacturer.

Bledsoe Nite 'N Day Plantar Fasciitis Support Application Instructions



1. Apply a clean dry sock on the foot.

Warning: Never wear the boot without a sock.

2. Wrap the calf section around the leg, position the wrap with the attached straps centered on the back of the leg. You may trim the excess circumference leaving a 2"- 3" (5 cm- 8 cm) overlap. The lower edge of the wrap should be located just above the ankle bones.

3. Tension the wrap properly, then close the hook & pile closure at the front of the wrap.

4. With the plastic covers in place on the uprights of the boot, slip the foot into the boot. Position the lateral malleolus in line with the uprights, align the uprights with the leg, remove the plastic covers, then press the uprights to engage the hook fastener on the uprights to the pile surface of the foam wrap. Make sure the foot is pointed directly forward before engaging the hook & pile fasteners.



5. Fold the forefoot pad and straps over the forefoot and slip the strap ends through the D-rings. The straps are adjustable in length and can be readjusted with the addition of each wedge. Tension the straps, press to engage the hook fastener.

6. Starting at the ankle, wrap both strap ends securely forward around the sides of the leg to engage the straps with the hook surface of the uprights. Slip the strap ends through the D-rings at the front of the leg, tension the strap, then press the end to engage the hook fastener. Repeat this step for the remaining two straps.

7. With the foot placed on the original main inner sole, the ankle will be at approximately 5° of dorsiflexion. The boot should be worn both day and night to help stretch the Achilles tendon. For nighttime wear, slip the included Lycra/Spandex night cover over the boot to prevent soiling the bed linens.

8. Each week (or as directed by the physician) an additional 5° wedge may be added to the boot. First, clean the surface of the inner sole. Remove the protective cover from the adhesive on the back of the new wedge. Press the wedge into position with the front part of the new wedge aligned with the front part of the old wedge as shown in the photo. A total of three wedges may be added for a maximum of 20° of dorsiflexion.