

Plantar Stretching Orthosis (PSO)

Warnings and Instructions: Review carefully, proper application is required

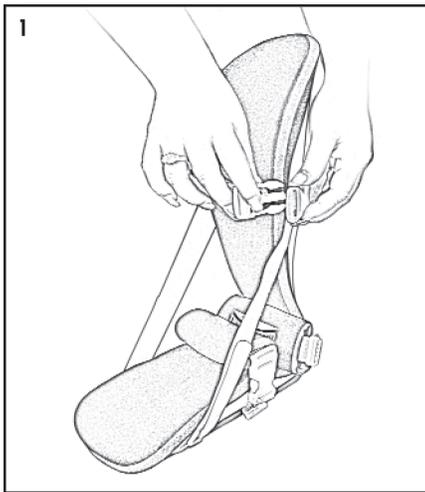
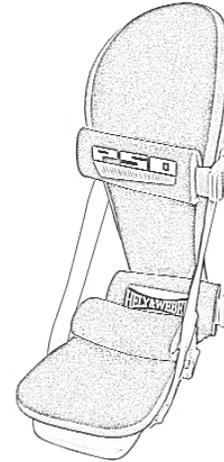
⚠ Warning: This device will not prevent or eliminate risk of injury. Do Not Overtighten. If swelling, pain, skin irritation, or an unusual reaction occurs, discontinue use immediately and consult your medical professional.

DO NOT WALK WHILE WEARING THIS SPLINT

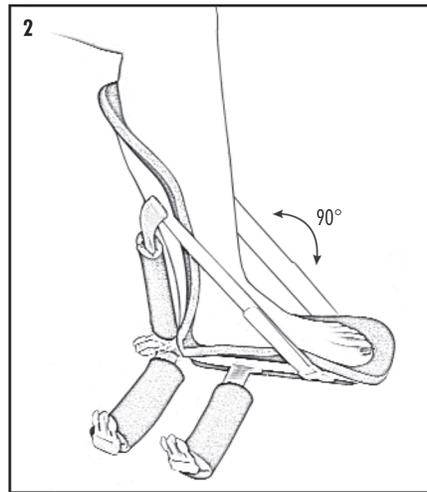
Care: Hand wash using mild soap. Rinse thoroughly. Air dry only. Do not tumble dry.

Introduction: The Plantar Stretching Orthosis is a night splint designed to support the foot in a neutral position or with controlled dorsiflexion (foot pointed upward) to promote the healing of the plantar fascia. The splint is intended to treat Plantar Fasciitis, Achilles Tendonitis, and for Foot & Ankle Rehabilitation.

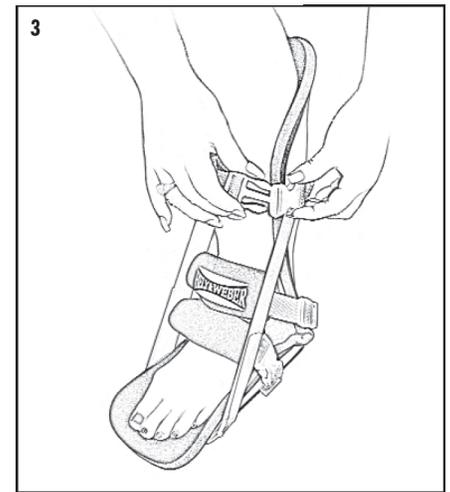
The 5° foam wedge and the bilateral dorsiflexion-assist straps may be used to adjust the amount of dorsiflexion. The straps will provide a low-load prolonged stretch to the Plantar Fascia and Achilles Tendon.



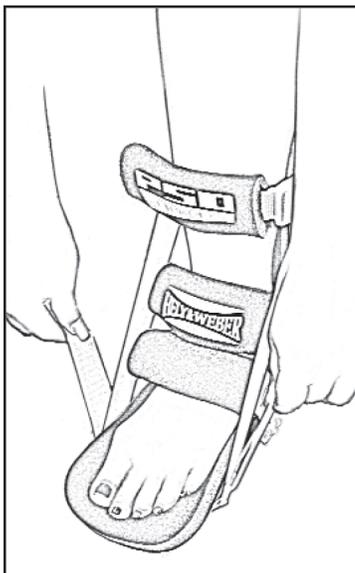
1. Open buckles.



2. Apply the splint while sitting down. Place the foot in the splint with the knee flexed at a 90° angle. Ensure that the heel is placed into the very rear of the splint. The toes should not extend past the end of the splint. The ankle should be at a 90° angle when properly positioned.



3. Close the buckles, while making sure that the fit is secure and comfortable. Readjust the buckles if necessary.

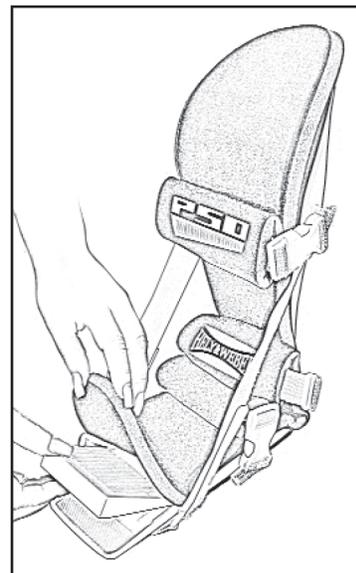


■ To Adjust the Bilateral Dorsiflexion Straps:

Note: Do not adjust the bilateral dorsiflexion straps assist straps (located on the sides of the splint) unless instructed to do so by a physician.

With the brace on, release the hook and loop straps located on each side of the brace.

To increase the amount of mild stretch, pull the straps and secure. To decrease the amount of mild stretch, lower the straps and secure.



■ To Insert the 5° Foam Wedge:

Note: Do not insert the 5° foam wedge unless instructed to do so by a physician.

Pull the foam liner away from the foot plate. Insert the thin end of the wedge first between the foam liner and the foot plate.

Secure the wedge to the foot plate and foam liner. Apply.