



# Application Instructions

## Product: Air Lite Night Splint

### Model: 48X

- Designed to provide relief from morning pain and discomfort of plantar fasciitis and Achilles tendonitis.
- Plastzote foam padded.
- Foam wedge insert included for additional strength on the plantar fascia.
- Lightweight design for patient comfort while sleeping.
- Brushed nylon fabric.



Order #	Size	Men's Shoe Size	Women's Shoe Size
483	Small	4 - 6	5 - 7
485	Medium	6 - 10	7 - 11
487	Large	10 - 12	11 - 13
488	X-Large	12 - 14	13 - 15

**SIZING:** Measure according to shoe size. Fits either left or right foot.

**HOW TO APPLY:** Unfasten all straps. To maximize the angle of dorsiflexion, the night splint should be applied while seated with the knee bent. **IMPORTANT** – ensure the heel is placed as far back in the splint as possible. Position the foot in the splint, adjust the length of the strap. Secure the instep strap first to hold the heel in place. The tightness of the instep strap should be checked by extending the knee. Next, the calf and foot straps may be adjusted and secured. The toe wedge may be used for additional stretching by placing it under the liner. Adjust the straps if necessary.

**CARE INSTRUCTIONS:** Remove the liner from the splint. Hand wash in warm water with mild soap. Air dry away from heat. Do not machine wash or dry. Do not bleach. Spot clean the splint and straps with a damp cloth if needed.

**CAUTION:** Wear as recommended. Always consult a physician when encountering persistent pain, discomfort, inflammation, or swelling.

**SUGG HCPCS CODE:** L4398 (PDAC Reviewed)