

Night Ankle Splint with Wedge

The ISO Preferred Night Ankle Splint with Wedge is a static or dynamic ankle foot orthosis designed for patients to aid in alleviating pain associated with plantar faciitis and/or lower extremity overuse injuries. The splint provides a gentle overnight stretch and controls movement by positioning and stretching out the fascia thus preventing the foot from tensing while sleeping. The adjustable, bilateral dorsi-flexion straps and optional toe wedge allow custom levels of stretch to meet the patient's needs and preferences.



ISO Preferred Night Ankle Splint with Wedge (AN37x) is intended for Plantar faciitis, Achilles tendinopathy, Lower extremity overuse injuries.

1. Disengage the three (3) buckle straps, one (1) foot strap, one (1) ankle strap and one (1) calf strap on the front of the night splint. **Do not loosen the long diagonal straps** (bilateral dorsi-flexion straps) located on each side of the night splint (connecting the upper calf to the foot).
2. If you are using the optional toe wedge, lift the foam foot liner and insert the wedge with the flat side resting against the plastic frame and the advanced gripping material. Secure the top of the wedge to the foam foot liner.
3. While seated, place your foot into the night splint. Position your heel so that it is resting snugly up against the back of the soft liner.
4. Fasten the ankle (middle) strap by snapping the buckle together. Adjust the strap and ankle pad until snug, and secure with the advanced gripping material.
5. Repeat step 4 by attaching the bottom foot strap and then the upper calf strap. Adjust straps as needed. **DO NOT OVERTIGHTEN.**
6. Once the toe wedge is in place and the 3 straps are secured, you may adjust the longer strapping that attaches diagonally from the upper calf to the mid-foot (bilateral dorsi-flexion straps). These may be adjusted to increase or decrease the angle of the foot. To adjust the support angle, detach the strap closures on each side and pull the strap ends simultaneously to the desired level. Reattach the strap closures using the advanced gripping material. The toe wedge can be removed from under the toe for less dorsi-flexion stretch. If any discomfort is experienced, please readjust as necessary.





INTRODUCTION

Your **ISO Preferred Night Ankle Splint with Wedge (AN37x)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at www.ISOpreferred.com so that this device can provide you with superior long-term usability and care.

USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Night Ankle Splint with Wedge (AN37x)**. The brace is intended for application by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Night Ankle Splint with Wedge (AN37x)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Separate the inner lining from the outer plastic shell.
- Remove the straps when applicable.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry.
- Allow all parts to air dry prior to reassembling the device.

CAUTION

The **ISO Preferred Night Ankle Splint with Wedge (AN37x)** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through the use of this device, especially if the instructions are not followed correctly. **DO NOT OVERTIGHTEN.**