NIGHT SPLINT INSTRUCTIONS

1. The splint should be applied to the foot with the knee at 90 degrees

2. Fasten the middle strap first to hold the heel in place. The straps should be snug and feel comfortable

3. Fasten the toe strap, and lastly the leg strap. Straighten the leg to check the tightness of the straps and adjust the straps as needed. The straps should be snug and feel comfortable.

4. Turn the knob clockwise until it stops. Do not over tighten.

5. **Week 1**: do not inflate, wear night splint as is
   Week 2: inflate 3 pumps nightly for 3-5 nights, deflate in the morning
   Week 3: inflate 5-6 pumps nightly for 3-5 nights, deflate in the morning
   Week 4: every few nights increase the amount of pumps by 2-3, until you reach full inflation of bladder (16-20 pumps), deflate in the morning

   ***** DO NOT WALK OR BEARWEIGHT ON NIGHT SPLINT. IT IS NOT INTENDED FOR AMBULATION AND WILL CAUSE DAMAGE TO THE AIR BLADDER.**