

CLINITEX

HealWell[®]

NIGHT SPLINT

with

 **Microban[®]**
antimicrobial protection

**58-409
Series**



The Clinitex[®] HealWell[™] Plantar Fasciitis Night Splint can be used to treat the following conditions:

- Plantar Fasciitis
- Achilles Tendinitis
- Plantarflexion Contractures
- Heel Spurs
- Equinus Conditions
- Pronation Syndromes
- Muscle Tightening and Runner's Cramp

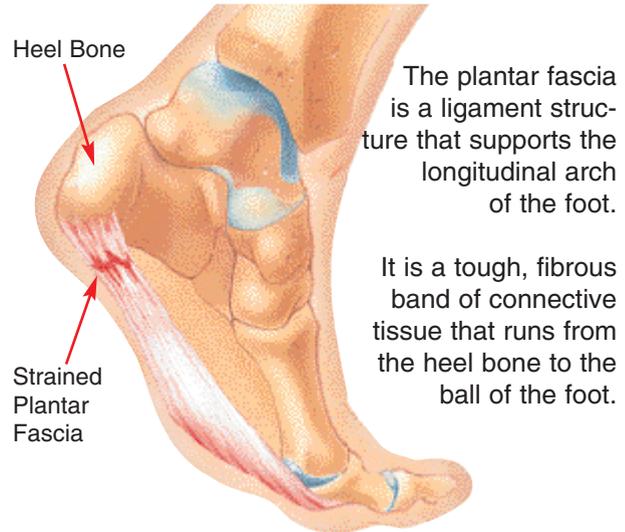
Plantar Fasciitis is caused by repetitive strain and is the most common cause of localized heel pain. It is an inflammation of the plantar fascia and is a clinical diagnosis based on a history and examination completed by a physician.

The HealWell[™] Night Splint is designed to comfortably position the foot in a controlled amount of dorsiflexion to provide a gentle stretch to the plantar fascia and Achilles Tendon. This gentle stretch helps reduce the muscle contracture, inflammation and associated pain. It has also been clinically proven to reduce symptoms of plantar fasciitis.*

The HealWell[™] Plantar Fasciitis Night Splint should not be used in the following conditions:

- Plantarflexion Contracture Greater than 10[°]
- Uncontrollable, Severe Plantarflexion Spasticity
- Weight Bearing Activities

PLANTAR FASCIA



The plantar fascia is a ligament structure that supports the longitudinal arch of the foot.

It is a tough, fibrous band of connective tissue that runs from the heel bone to the ball of the foot.

SYMPTOMS

- Starts as dull, intermittent pain in heel or arch, progressing to a sharp, persistent pain
- A sharp, piercing pain and/or inflammation through heel and foot that usually occurs in the morning or after resting and gradually disappears with walking
- Tightness in calf muscles
- Symptoms may be spontaneous

CAUSES

- Inflammation and pain result from increased activity or in association with aging
- Inflammation is usually the result of athletic activity and can be very painful especially in the morning after cramping of feet and legs during sleep
- Flat feet or high arched, rigid feet
- Poor supporting shoes
- Large weight gain in short period of time
- Other family member with plantar fasciitis
- Running on hills or balls of feet
- Running on uneven surfaces

TREATMENTS

- Use the Clinitex® HealWell™ Night Splint to maintain a gentle, constant stretch across the plantar fascia.
- Wear proper shoes. Running or sports shoes with excellent support, no or minimal heel, and well cushioned soles. Padded or gel inserts or arch supports may also be used.
- Use heel pads. Felt, gel, viscoelastic, or synthetic heel pads spread and absorb shock as the heel lands easing pressure on the plantar fascia.
- Decrease standing and ambulatory activity.
- Get periods of "relative rest" and ice to reduce inflammation (problem often reoccurs if one rests completely).
- Stretch the heel cord and plantar fascia.
- Perform stretching exercises followed by icing.
- Massage area of pain, especially in morning after warm bath or shower.
- Wear Birkenstock type sandal instead of bare feet or slippers.
- Tape to maintain arch and release tension off plantar fascia.
- Lose weight.
- Non-steroidal anti-inflammatory medication to reduce pain and inflammation.

IN EXTREME CASES:

- Cortisone injections
- Physical therapy to decrease pain and inflammation and strengthen foot muscles to support weakened plantar fascia
- Ultrasound to decrease inflammatory response
- Surgery (extremely rare). An incision over the inner aspect of the heel of foot with release of involved fascia from its' attachment to heel bone.

FEATURES

- Comfortably positions the foot in a controlled amount of dorsiflexion (0°-10°)
- Adjustable bilateral dorsiflexion straps
- Easy push lock buckles
- Three strategically placed comfortable padded straps
- Removable foam wedge provides additional toe extension
- Removable C3™ liner with Orthowick® to help wick moisture into the Microban® foam inner layer
- Strong Kydex® plastic helps prevent torquing at critical areas



- Liner is treated with Microban® Antimicrobial Protection, an agent that is part of the liner's molecular structure and helps to provide continuous control over the growth of certain odor and stain causing bacteria, yeast and fungi
- Lightweight, low-profile
- Made of spring-action plastic with ventilated calf area to allow for comfort and breathability
- Open, cut heel design allows for the foot to be comfortably and properly positioned
- Non-slip bottom

Not intended for ambulation, but helps prevent accidental slipping on flooring.

APPLICATION

1. Unfasten all closures.
2. In order to maximize the angle of dorsiflexion, the night splint should be applied with the knee in a flexed (bent) position.
3. **IMPORTANT** - Ensure the heel is placed as far back in the splint as possible.
4. The instep strap should be secured first in order for the heel to be held in place in the splint. Position the foot in the splint, adjust the length of the strap and secure the buckle.
5. The tightness of the instep strap should be checked by extending the knee.
6. After ensuring that the instep strap is properly secured, the calf and foot straps may be adjusted and secured.
7. The bilateral adjustable straps are used to set the amount of dorsiflexion and stretch. The night splint is set at five degrees of dorsiflexion. Set the dorsiflexion straps to a comfortable tolerance.
8. The toe wedge may be used for additional stretching by placing it under the liner.

SIZING

SIZE	MEN'S SHOE SIZE	WOMEN'S SHOE SIZE
Small	Under 6	5 - 7
Medium	6 - 8	7 1/2 - 9 1/2
Large	8 1/2 - 10 1/2	10 - 12
X-Large	11 - 13	Over 12
XX-Large	Over 13	

Not intended for unsupervised public use. Consult physician if pain, swelling or unusual reactions are experienced by the patient. Federal Law restricts this device to sale by or on the order of a physician or other licensed healthcare professional.

This device is only one element in the overall treatment program. There is no guarantee that injury will be prevented through use of this product.

The information provided here is for educational and reference purposes only.

CARE INSTRUCTIONS

FOR LINER:

Machine wash on gentle cycle or hand wash in cold water with a mild soap. Rinse thoroughly. Wrap in a towel to remove excess water. Do not wring or twist. Air dry away from heat or tumble dry on cool. Do not bleach. The Microban® Antimicrobial Protection is part of the liner's molecular structure and will not wash out through normal laundering of the liner. Microban® protection should not replace or eliminate your normal use and care or laundering procedures. Liner should be laundered once a week or more frequently if needed.

FOR SHELL AND STRAPS:

Spot clean with a soft cloth and mild soap. Rinse and wipe dry or air dry.

WHAT IS MICROBAN®?

Microban® is an antimicrobial agent which, when introduced into the actual molecular structure of fibers, fabrics and polymers, provides continuous inherent control over the growth of certain odor and stain causing bacteria, yeasts and fungi.

Night splints can become a hostile healing environment. The combination of warmth and moisture in the night splint liner forms an ideal breeding ground for certain bacteria, yeasts and fungi. **Microban® cannot prevent infection, but it can help maintain a fresher product in the context of a good patient hygiene program.**



Microban® is very effective at inhibiting microbial growth. Compare growth around Microban® treated orthopedic fabric (right) to non-treated sample (left). A clean zone of inhibition is observed with the Microban® treated sample.

** "The Use of Night Splints for Treatment of Recalcitrant Plantar Fasciitis." Foot & Ankle, Vol. 12 No. 3, Dec. 1991., Keith L. Wapner, M.D. and Peter Sharkey, M.D., Philadelphia, Pennsylvania and Oakland, California*