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› THE PERFECT PART Night Splint User Manual for Plantar Fasciitis and Foot Support

THE PERFECT PART B0CQYM4W7N

THE PERFECT PART Night Splint User Manual

Model: B0CQYM4W7N

1. INTRODUCTION

Thank you for choosing THE PERFECT PART Night Splint. This device is designed to provide support and gentle stretching to the foot and ankle, aiding in the relief of discomfort associated with conditions such as Plantar Fasciitis, Achilles Tendonitis, Drop Foot, and Heel Spurs. Please read this manual thoroughly before use to ensure proper application and care.



Image 1: THE PERFECT PART Night Splint in use, highlighting areas of foot pain relief.

2. SAFETY INFORMATION

- Consult a healthcare professional before using this product, especially if you have pre-existing medical conditions, skin sensitivities, or circulatory issues.
- Do not overtighten the splint, as this may restrict circulation or cause discomfort.
- Discontinue use and consult a doctor if you experience increased pain, numbness, tingling, swelling, or skin irritation.
- This splint is intended for nighttime use or during periods of rest. It is not designed for walking or strenuous activity unless specifically advised by a medical professional.
- Keep out of reach of children.

3. PRODUCT COMPONENTS

The THE PERFECT PART Night Splint consists of several key components designed for comfort and effectiveness:

- **Main Brace Body:** Made from breathable fabric with ultra-soft foam padding for comfort.
- **Detachable Aluminum Bar:** A bendable bar located at the instep, allowing for adjustable dorsiflexion angle.
- **Adjustable Straps:** Multiple elastic straps with hook-and-loop fasteners for a secure and customizable fit around the calf and forefoot.
- **Fixed Heel Strap:** An upgraded strap designed to secure the heel position.



Image 2: Key features of the night splint, including the soft foam pad, detachable aluminum bar, and breathable fabric.



Image 3: Detailed view of the splint's components and materials.

4. SETUP AND HOW TO WEAR

Follow these steps to correctly put on your night splint:

1. **Step 1: Position the Splint.** Place the splint on the instep of your foot. Ensure your heel is comfortably seated against the fixed heel strap. Wrap the calf strap around your calf and secure it with the hook-and-loop fastener.
2. **Step 2: Secure the Forefoot.** Follow by wrapping the forefoot strap closure around your forefoot and securing it.
3. **Step 3: Attach Elastic Strap.** Attach the elastic strap to the designated points on the splint for a comfortable fit.
4. **Step 4: Adjust Tension.** Adjust the elastic strap to your desired tension, then firmly attach it. The goal is a gentle stretch, not discomfort.

HOW TO WEAR



Step1: Place the splint on the instep, and wrap the calf strap



Step2: Followed by the forefoot wrap closure and wrap the forefoot



Step3: Attach the elastic strap for a comfortable fit



Step4: Adjust strap to desired tension then attach the elastic strap

Image 4: Step-by-step instructions for wearing the night splint.

5. ADJUSTMENT

The night splint features an adjustable aluminum bar and elastic bands to customize the stretch and fit.

- **Aluminum Bar Adjustment:** The innovative bendable aluminum bar at the instep allows you to adjust the angle of dorsiflexion from 90 to 85 degrees. Gently bend the bar to achieve the desired stretch. Start with a less aggressive angle and gradually increase as tolerated.
- **Elastic Band Adjustment:** The elastic bands provide additional stability and allow for fine-tuning the bending angle. Adjust these bands to ensure the splint remains in the desired position and provides consistent, comfortable tension.



Image 5: Visual representation of the adjustable angle feature (90-85 degrees).

Easy to Adjust 85–90 Degrees



Image 6: Demonstrates the ease of adjusting the splint's angle.

6. CARE AND MAINTENANCE

Proper care will extend the life of your night splint and maintain its effectiveness.

- **Cleaning:** Hand wash the splint with mild soap and cold water. Do not use bleach or harsh detergents.
- **Drying:** Air dry completely before storing or reusing. Do not machine dry or expose to direct heat.
- **Storage:** Store in a cool, dry place away from direct sunlight.
- **Aluminum Bar:** The aluminum bar can be removed for cleaning if necessary, but ensure it is reinserted correctly before use.

7. TROUBLESHOOTING

Issue	Possible Cause	Solution
Discomfort or increased pain	Splint is too tight, angle is too aggressive, or improper fit.	Loosen straps, reduce the dorsiflexion angle, re-adjust for a comfortable fit. Consult a doctor if pain persists.
Splint slips off or moves	Straps are too loose or not properly secured.	Ensure all straps are snug but not overly tight. Re-adjust the elastic bands for better stability.
Skin irritation or redness	Splint is too tight, material rubbing, or allergic reaction.	Loosen straps. Ensure skin is clean and dry before application. Discontinue use and consult a doctor if irritation persists.

8. SPECIFICATIONS

- **Brand:** THE PERFECT PART

- **Model:** B0CQYM4W7N
- **Specific Uses:** Ankle Sprain, Plantar Fasciitis, Achilles Tendonitis, Drop Foot, Heel Spur Relief
- **Use for:** Foot
- **Age Range:** Adult
- **Unit Count:** 1.0 Count
- **Adjustable Angle:** 90 to 85 degrees dorsiflexion



Image 7: Approximate dimensions of the night splint.

9. WARRANTY AND SUPPORT

THE PERFECT PART is committed to providing high-quality products. For any questions, concerns, or support needs regarding your Night Splint, please contact our customer service.

Please refer to your purchase documentation or the retailer's website for specific warranty details and contact information.

You can also visit THE PERFECT PART store on Amazon for more information: [THE PERFECT PART Store](#)

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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