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Sylong SLHDJZ02

Sylong Big Toe Splint Brace User Manual

Model: SLHDJZ02

1. PRODUCT OVERVIEW

The Sylong Big Toe Splint Brace is designed to provide stable support and protection for the big toe, aiding in recovery from fractures, dislocations, injuries, and sports sprains. It features a double reinforcement design with two removable stainless steel plates for enhanced stability and adjustable straps for a customized fit. This splint is suitable for both day and night use.

Suitable for the following symptoms:



Big toe fracture



Big toe injury



Big toe sports sprain



Big toe broken

Image 1: General view of the Sylong Big Toe Splint Brace.

2. KEY FEATURES

- **Double Stainless Steel Plate Support:** Two removable stainless steel plates are integrated into the bottom and sides of the splint, offering robust support and protection for the big toe. This design effectively immobilizes the toe for various conditions including fractures, dislocations, and sprains.



Image 2: Illustration of the double reinforcement design with removable stainless steel plates.

- **Pain and Pressure Relief:** By maintaining the big toe in a straight and fixed position, the splint helps alleviate pain and pressure associated with injuries, allowing for easier movement.
- **Day and Night Use:** Constructed from soft, breathable, and durable materials, the splint ensures comfort for extended wear, whether during daily activities or while resting at night.



Image 3: The splint can be worn comfortably both during the day and at night.

- **Adjustable Design:** Equipped with two adjustable hook-and-loop fastener straps, the splint can be easily adjusted to fit the big toe securely. An additional extension strap is included to prevent slippage during sleep.



Image 4: The splint features adjustable straps for a secure and comfortable fit.

- **Universal Sizing:** The splint is designed as a universal size, available for both left and right feet, accommodating most users. When wearing with shoes, it is recommended to use a size larger or loose-fitting shoes.

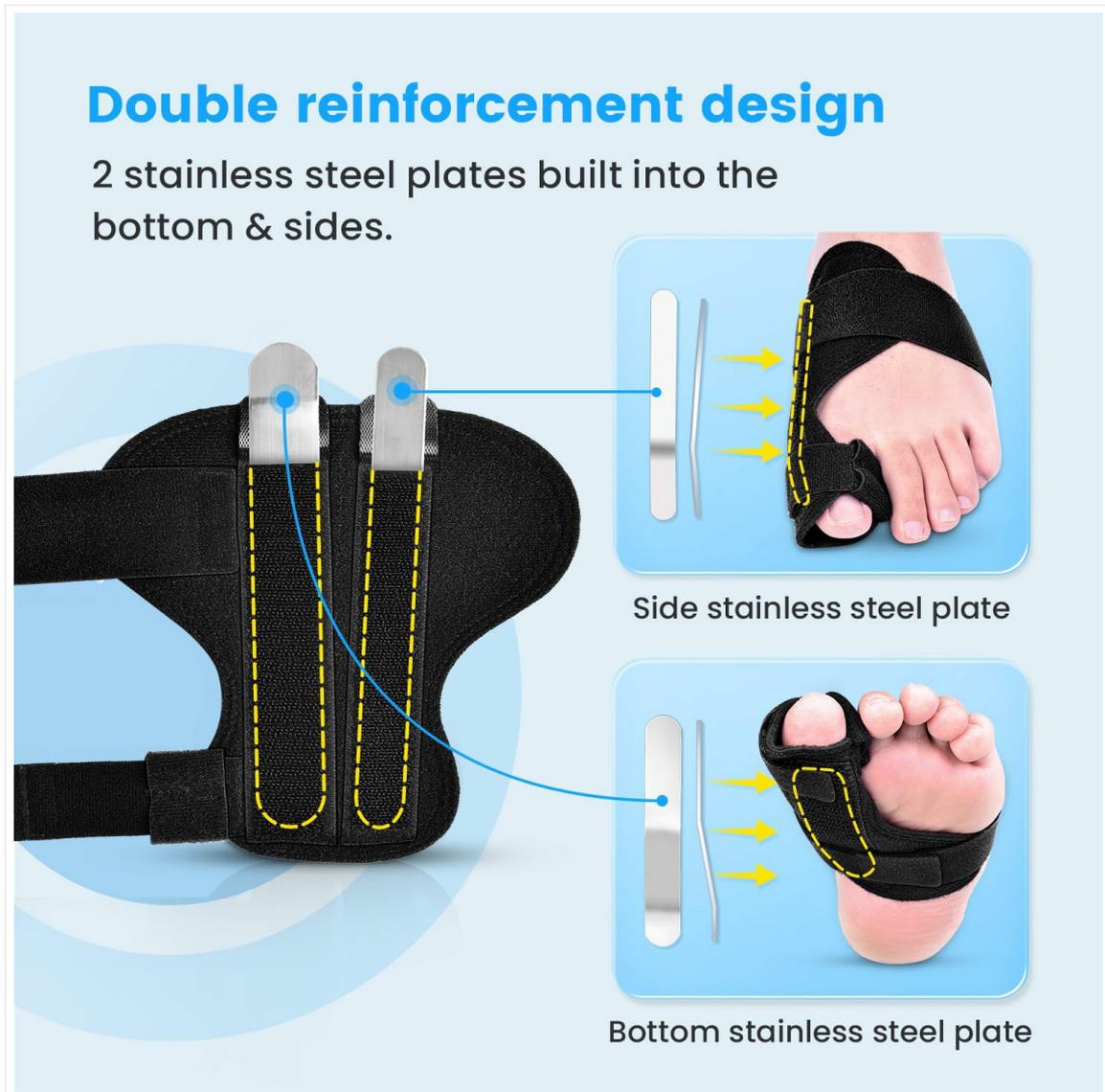


Image 5: The splint is available for both left and right feet.

3. SETUP AND INSTALLATION

The Sylong Big Toe Splint Brace comes with two stainless steel plates that provide rigid support. These plates are designed to be inserted into designated pockets within the splint.

1. **Identify Plates:** The splint includes one wider plate for the bottom of the foot and one narrower plate for the side of the foot.
2. **Insert Bottom Plate:** Locate the wider pocket on the underside of the splint. Carefully slide the wider stainless steel plate into this pocket, ensuring it is fully seated.
3. **Insert Side Plate:** Locate the narrower pocket along the side of the splint. Carefully slide the narrower stainless steel plate into this pocket, ensuring it is fully seated.
4. **Secure Plates:** Ensure both plates are firmly in place within their respective pockets before wearing the splint. The hook-and-loop fasteners on the splint will help keep the plates secure.

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Video 1: This official video from Sylong demonstrates how to insert the steel plates into the splint and how to properly

wear the brace on your foot, including wearing it with shoes.

4. OPERATING INSTRUCTIONS

4.1 Wearing the Splint

1. **Positioning:** Place your big toe through the smallest loop of the splint.
2. **Foot Strap:** Wrap the main strap around the arch of your foot and secure it with the hook-and-loop fastener, ensuring a snug but comfortable fit.
3. **Toe Strap:** Adjust the smaller strap around your big toe to gently pull it into alignment. Do not overtighten.
4. **Check Fit:** Ensure the splint is secure and comfortable, providing support without restricting circulation.

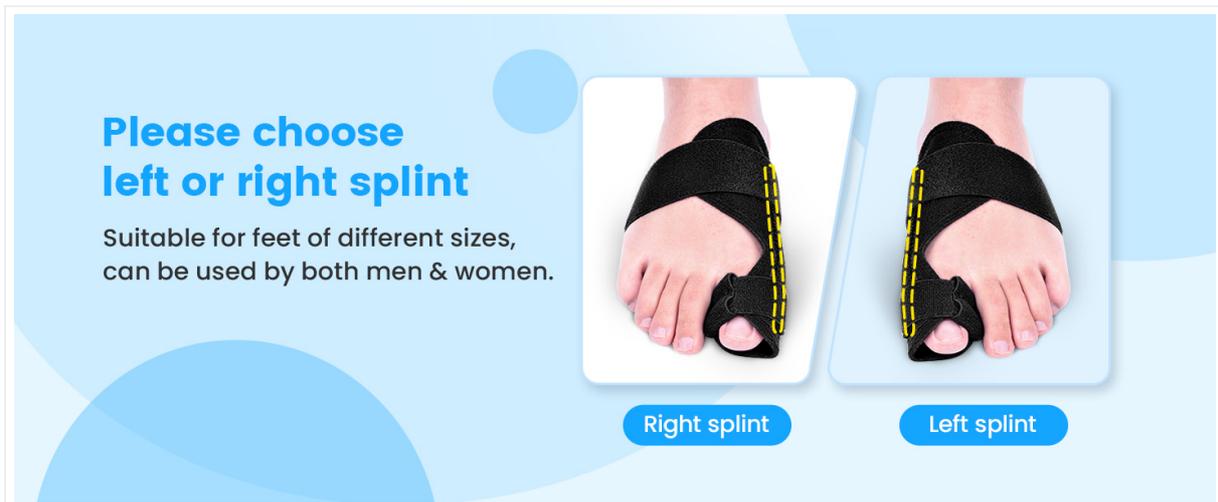


Image 6: Illustration demonstrating how the splint immobilizes both the side and bottom of the big toe for effective support.

4.2 Wearing with Shoes

The Sylong Big Toe Splint Brace is designed to be worn inside shoes. For optimal comfort and to prevent excessive pressure, it is recommended to wear loose-fitting shoes or shoes that are a size larger than your usual size.

4.3 Night Use with Heel Strap

For night use, an additional heel strap is provided to prevent the splint from slipping off your big toe while sleeping. Attach the heel strap to the designated loops on the main foot strap and wrap it around your heel, securing it comfortably.

5. MAINTENANCE

5.1 Cleaning Instructions

To clean your Sylong Big Toe Splint Brace, follow these steps:

1. **Remove Steel Plates:** Before washing, always remove the two stainless steel plates from their pockets.
2. **Hand Wash:** Hand wash the fabric portion of the splint with mild soap and cold water.
3. **Rinse Thoroughly:** Rinse thoroughly to remove all soap residue.

4. **Air Dry:** Lay flat to air dry completely. Do not machine wash, tumble dry, iron, or bleach.
5. **Reinsert Plates:** Once completely dry, reinsert the stainless steel plates into their respective pockets.

5.2 Material Quality

The splint is made from high-quality, skin-friendly, and comfortable fabric that is breathable and durable for long-term use.



Image 7: Close-up view highlighting the skin-friendly and comfortable fabric of the splint.

6. TROUBLESHOOTING

- **Discomfort or Rubbing:** If you experience discomfort, rubbing, or pressure points, re-adjust the straps to ensure they are snug but not overly tight. Ensure the splint is correctly positioned on your foot. Consider wearing a thin sock underneath for added comfort.
- **Splint Slipping:** If the splint tends to slip, especially during movement or sleep, ensure all hook-and-loop fasteners are securely attached. For night use, utilize the provided heel strap to prevent slippage.
- **Metal Plate Movement:** If the stainless steel plates feel loose or shift within their pockets, remove the splint and re-insert the plates, ensuring they are fully seated and the surrounding fabric is smooth. Improperly seated plates can cause discomfort or reduce effectiveness.
- **Reduced Support:** If the splint feels less supportive over time, check the condition of the fabric and straps for wear and tear. Ensure the steel plates are correctly inserted and not bent or damaged.

If issues persist, discontinue use and consult a healthcare professional.

7. SPECIFICATIONS

Feature	Detail
Model Number	SLHDJZ02
Item Weight	5.9 ounces
Package Dimensions	7.6 x 7.28 x 0.75 inches
Material	High-quality, breathable fabric with stainless steel plates

Size	Universal (Right foot specific for this variant)
Specific Uses	Broken big toe, Fracture, Dislocations, Injuries, Sprains
Age Range	Adult

8. WARRANTY AND SUPPORT

Warranty information for the Sylong Big Toe Splint Brace (Model: SLHDJZ02) is not explicitly provided in the product data. For details regarding warranty coverage, returns, or technical support, please contact Sylong directly through their official website or the retailer from whom the product was purchased.