

# A guide to your Plantar Fascia Night Splint



**Opcare**

**Enhancing your ability**

A brand of the AM Healthcare Group

## What is a Plantar Fascia Night Splint?

A Plantar Fascia Night Splint is a stock splint that is worn on the lower leg when resting. They are primarily used to provide a constant, consistent stretch for the muscles and tendons in the lower leg, helping to maintain an optimum range of motion in the foot and ankle. Using this will eventually reduce the stress within the plantar fascia (a strong tendon on the bottom of the foot), intrinsic muscles within the foot, and the muscles in the leg. It may be worn on one foot or both.

## What are Plantar Fascia Night Splints prescribed for?

- To stretch muscles of the lower limb where there is tightness or a mild contracture
- To help maintain a better foot and ankle position
- To reduce pain

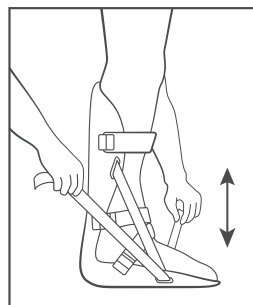
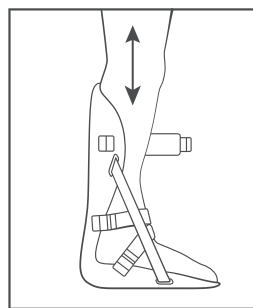
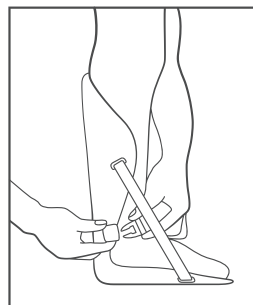


## What shoes or clothes can be worn with a Plantar Fascia Night Splint?

- It is advisable to wear a thin layer of clothing between the device and your skin so the device does not come in to direct skin contact.
- The splints cannot be worn with shoes. Most devices have a tread underneath and can thus be walked on for short distances around the house.

## How do I put on a Plantar Fascia Night Splint?

1. Undo all straps at the front of the splint. Loosen the side straps. (It is important to loosen all side straps every time). Place your heel into the bottom of the splint, keeping your knee bent, ensuring your heel is as far back as possible.
2. Do up the ankle strap first. This should be snug but comfortable. It is important that your heel remains as far back as possible.
3. Extend your knee and attach the strap across your shin and the strap across the top of your foot. Again, these should be snug but comfortable.
4. The side straps can now be tightened. It is important to pull these straps at the same time to prevent your foot from twisting. If you are unable to do so, simply make sure that you attach them at the same height on each side. You should feel some stretching in your muscles when these straps are tightened and your knee is straight. If you don't feel a gentle stretch once you have straightened your knee, you could adjust a little more.
5. When wearing the splint, it is important to sit/lie with your leg as straight as possible. This helps ensure that the correct muscles are targeted. You may choose to wear the splint when resting or while you sleep. This will feel uncomfortable to begin with, however, the feeling will ease as you get used to wearing the splint. Remember everyone is different and it may take some time.
6. After wearing the splint a number of times, you may find that you can pull the side straps tighter than you could initially. This is normal, and just means that the tension has helped increase the range of motion of your muscles and tendons, and has reduced tightness.



## How long should the splint be worn for?

It takes a while to get used to wearing a Plantar Fascia Night Splint, and it may feel uncomfortable to start with. Build up wear-time over a few days, until you can wear it as required:

**Day 1-3: 30-60 minutes**

**Day 4-7: 1-2 hours**

**Day 8-10: 2-3 hours**

It is important to check the skin around the ankle and foot (including the sole of the foot) when you take off your splint to ensure it has left no long-lasting marks. If you notice any red areas that do not disappear within 30 minutes, or you notice any blisters or sores, please stop using the splint and contact your Orthotic Department for advice.

## Care of the Plantar Fascia Night Splint

It is important that the splint is kept clean and in good working order:

- Use a damp cloth to wipe over the straps and outside of the splint. The lining can be removed and washed in warm water with a mild detergent.
- Keep the splint away from direct heat, e.g. radiators. You can dry it with a towel after cleaning, or leave it to dry naturally.
- Ensure all straps are working properly. If they have worn-out, or they break, please contact your Orthotic Department.