

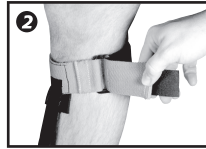
Night Splint**Stretches Plantar Fascia & Achilles Tendon****Directions:**

Place brace against the bottom of the foot, positioning the curved edge just in front of the heel. Pull the straps up and attach over the foot for a firm, comfortable fit.

1. Position the padded loop under the ball of the foot. Adjust as needed for a firm comfortable fit.



2. Wrap the rectangular strap around the calf, pull through the buckle and attach. In order to obtain the proper stretch, buckle should be positioned just below the knee.



3. Unhook the tension strap (strap that connects the foot and calf) and adjust as needed to keep the foot at a 90° angle.

Caution:

Product is not intended for use while walking long distances. If you have foot or lower leg problems, have had recent surgery, have diabetes or are pregnant, consult your physician before using product.

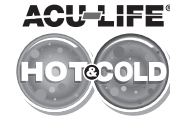
- To clean use cold water and hand wash with mild detergent. Rinse thoroughly and air dry. Do not machine wash, tumble dry, use bleach or fabric softener. Clean Night Splint and Day Arch Brace separately.
- If discomfort or pain results, persists or increases discontinue use and consult a physician.

Day Arch Brace *Increases Comfort While Standing & Walking***Directions:**

Place brace against the bottom of the foot, positioning the curved edge just in front of the heel. Pull the straps up and attach over the foot for a firm, comfortable fit.

Caution:

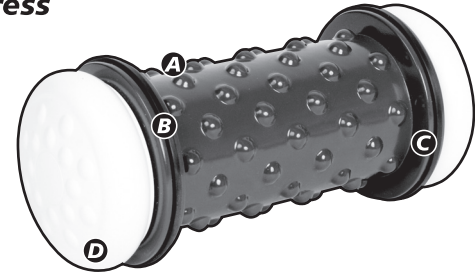
If you have had recent surgery, have diabetes, poor circulation or are pregnant, consult your physician before using product.

**Also Try...****THERAPEUTIC FOOT MASSAGER**

Item# 400708

Helps Relieve Pain & Reduce Stress

- A** *Massage Knobs* allow user to control amount of pressure for a gentle or deep tissue massage.
- B** *No-Slip Rings* provide traction for maximum control on hard surfaces (hardwood, tile, marble, etc.).
- C** *Raised Edge* design secures foot to help prevent slippage during use.
- D** *Removable Top* makes it easy to add ice and cold or warm water for a targeted therapeutic massage.

**TRU-ICE™**

Reusable Ice Therapy in 1/3
the time of an Ice Bag or
Cold Compress



Plastic Liner
Prevents Mess

Ice Bag or Cold Compress
15-20 minutes

Tru-Ice™
5-7 minutes

**For Carpal Tunnel,
Wrist Sprains,
Strains, Arthritis
& Tendonitis:**



**For Ankles,
Elbows and Knees:**



**For Stiff, Strained
or Aching Backs:**

