

Putting on the Seattle Splint



1. Place foot flat against the foot plate.



2. Gently, yet firmly, push down at the anterior ankle to slide the foot down into the splint at a neutral position.



3. Cross the padded ankle strap over the ankle to buckle.



4. Slide the bar of the slide buckle into the hook buckle.



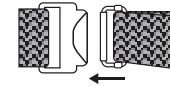
5. Pull on the strap to tighten. **DO NOT OVERTIGHTEN.** A finger should easily slide under the pad.



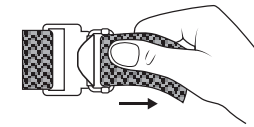
6. Cross the second ankle strap over the pad. Buckle. Bring the padded calf strap across the tibia and buckle.

Using the buckles

To hook

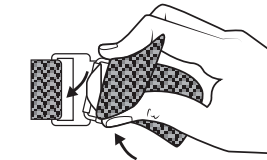


1. Straight bar goes into hook.



2. Pull strap end to tighten.

To release



1. Pull strap end over buckle.
2. Push thumb under strap behind buckle and turn bar out of hook.

Wear schedule

Purpose of your splint

- Protect broken bones Protect soft tissue
 Prevent muscle tightness

Instructions (circle)

Left / Right	Left / Right
2hrs on / 2hrs off	2hrs on / 2hrs off
Nights only	Nights only
At all times	At all times

Splint care

- If your splint should become uncomfortable or if redness/soreness appears at your heel or the base of your little toe, please contact the hospital, office or clinic where your splint was fitted.
- If your fleece liner becomes dirty, you can easily remove and wash it (machine wash and line dry liner and pads).
- If the splint is bent it will lose its therapeutic value.

Additional notes

