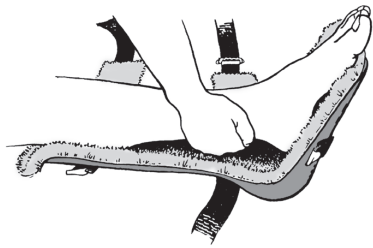
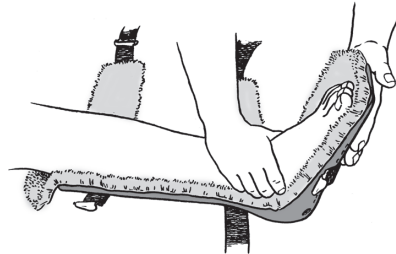


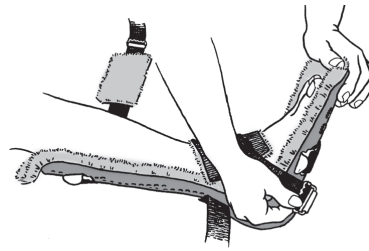
**Putting on the Seattle Splint**



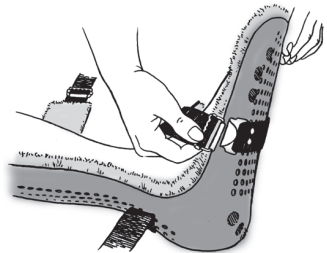
1. Place foot flat against the foot plate.



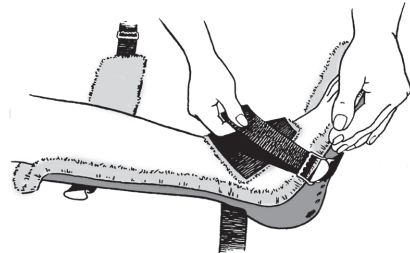
2. Gently, yet firmly, push down at the anterior ankle to slide the foot down into the splint at a neutral position.



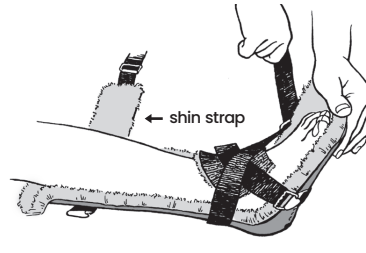
3. Cross the padded ankle strap over the ankle to buckle.



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

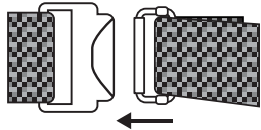


5. Pull on the strap to tighten. **DO NOT OVERTIGHTEN.** A finger should easily slide under the pad.

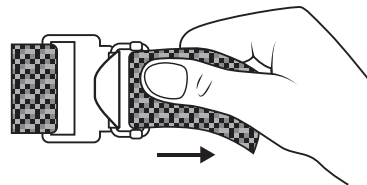


6. Cross the second ankle strap over the pad. Buckle. Bring the padded shin strap across the tibia and buckle.

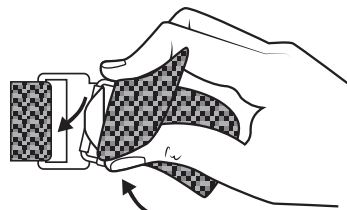
**Using the Buckles**



1. **To buckle**, the slide bar goes onto the hook.



2. **To tighten**, pull strap end.



3. **To release**, turn the slide bar like a key to slip it out of the hook.

**Splint Care**

- If your splint should become uncomfortable or if redness and/or 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 the fleece liner or pads become dirty, they can be easily removed, machine washed, and line dried.
- If the splint is bent, it will lose its therapeutic value.

**Splint Wear Schedule**

**Purpose of your splint**

- Protect broken bones       Protect soft tissue  
 Prevent muscle tightness

**Instructions (circle)**

<i>Left</i>	<i>Right</i>
2hrs on / 2hrs off	2 hours on / 2 hours off
Nights only	Nights only
At all times	At all times

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