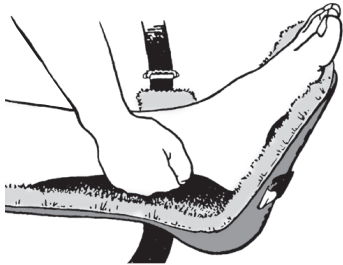


# Use and Care Instructions

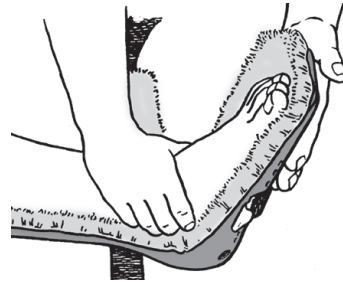
Instructional videos available  
on our website.  
[SeattleSplint.com](http://SeattleSplint.com)



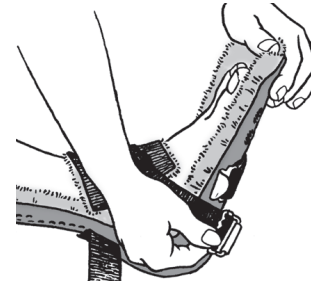
## Putting on the Seattle Splint



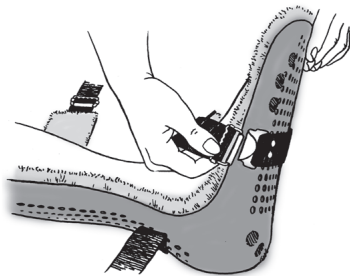
1. Place foot flat against the foot plate.



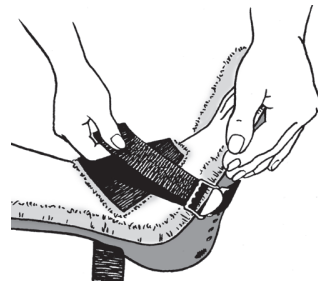
2. Gently, yet firmly, push down at the anterior ankle to slide the foot down into the splint at a neutral position.



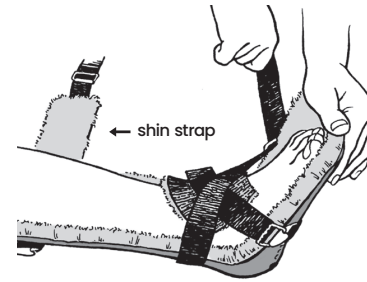
3. Cross the padded ankle strap over the ankle to buckle.



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

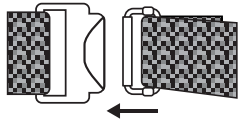


5. Pull on the strap to tighten. **DO NOT OVERTIGHTEN.** A finger should easily slide under the pad.

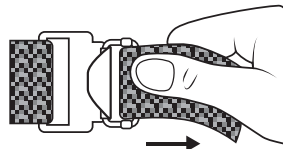


6. Cross the second ankle strap over the pad. Buckle. Bring the padded shin strap across the tibia and buckle.

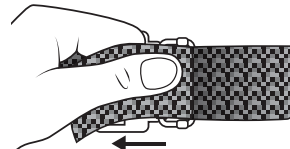
## Using the Buckles



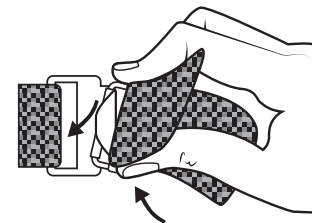
1. **To buckle,** the slide bar goes onto the hook.



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



3. **To loosen,** pull the strap over the hook to release.



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

## Purpose of your splint

- Protect broken bones
- Protect soft tissue
- Prevent muscle tightness

## Splint Wear Schedule

### Instructions (circle)

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

## Splint Care

- 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. Please contact your healthcare provider if this occurs.
- If your splint becomes uncomfortable, if redness and/or soreness appears at your heel or the base of your little toe, or if you have questions about your splint, please contact your healthcare provider.

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**Seattle Splint**  
by pfs med.