



PATIENT INSTRUCTIONS Dynasplint® Ankle Dorsiflexion System Type II

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I acknowledge receipt of these patient instructions, which I have read and fully understand.

Signature

Print Name

Date

IMPORTANT: Read instructions thoroughly before wearing the Dynasplint® Ankle Dorsiflexion System. Be sure that the splint fits comfortably and properly. If you feel pain, numbness, swelling, or skin irritation remove the splint immediately and contact your Dynasplint® Systems sales consultant. If joint stiffness persists longer than one hour after wearing the unit, reduce the tension by 0.5 increments, approximately 1/2 turn. Contact your Dynasplint® Systems sales consultant if you have any questions.

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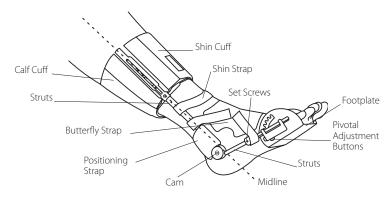
FITTING INSTRUCTIONS

APPLYING THE DYNASPLINT® ANKLE DORSIFLEXION SYSTEM:

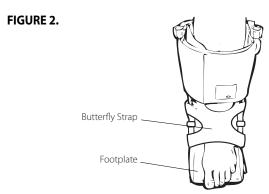
If possible, you should sit at the edge of a hard chair or bed.

STEP 1: While seated, open positioning strap and calf cuff. See Figure 1.

FIGURE 1.



STEP 2: Slide the foot under the butterfly strap so that the ball of the foot is centered on the footplate. See Figure 2.



- **STEP 3:** Close the calf cuff and the positioning strap loosely.
- **STEP 4:** Check the alignment. See Figures 1 & 2. The struts (tubes) should line up with the centers of the sides of the leg, and the cams should be at the centers of the sides of the ankle.
- **STEP 5:** Check cuffs and straps for tightness. You should be able to slide a finger between your leg and the cuffs and straps.
- **STEP 6:** You should be inactive and relaxed while wearing the Dynasplint® System. The splinted leg should not hang downward. Elevate the splinted leg, supporting the calf with a pillow or lie in bed with a pillow under the calf.

REMOVING THE DYNASPLINT® ANKLE DORSIFLEXION SYSTEM:

STEP 1: Completely open the calf cuff and positioning strap.

STEP 2: Remove leg from splint.

Continue to follow your physician's or therapist's instructions regarding your home therapy program while wearing the Dynasplint® System. Record your comments daily on the evaluation sheet (back page of booklet) for review with your Dynasplint® Systems sales consultant.

These are quidelines only. Remove the Dynasplint® System if you experience pain at any time and contact

CLINICIAN'S PRESCRIBED TREATMENT SCHEDULE

your Dynasplint® Systems sales consultant.	,,
Tension to be initially set at incre	ements.
Patient will wear the Dynasplint® System for	or hours the first day.
·	nfort occurs, the patient may increase wear p to overnight application of 6-8 hours. Time tant component in regaining range of mo-
Increase tension by 0.5 increments on both post-wear discomfort occurs.	n sides of the splint if less than one hour of
Decrease tension if unable to wear for exte	nded period of time.
Maximum tension:	
The basic protocol outline is to provide ma System. <i>Increasing tension faster does not e</i>	
Remember to wear the Dynasplint® System If unable to sleep in the splint, maximize w	
Your follow-up visit is	
Please bring the Dynasplint® System and tl	ne completed evaluation sheet.
Sales Consultant:	Voicemail Number:

DYNASPLINT® SYSTEMS PATIENT EVALUATION SHEET

Date	Hours of Wear	Tension Setting	Daily Goal	Duration of Post-Wear Stiffness	Comments

Continue to report your progress on a separate sheet of paper.

4 POINT SUMMARY

- 1. NO PAIN while wearing the Dynasplint® System.
- 2. Time is the most important component.
- 3. Increase tension after 6-8 hours of wear if no more than one hour of post-wear discomfort.
- 4. Decrease tension if unable to wear.

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Dynasplint Systems, Inc. products are covered by one or more of the following U.S.A. patents: 5,558,624; 5,645,521; 6,413,231; 6,506,172; 6,740,051; 6,908,475; 6,942,629; 6,942,631; 4,485,808; 4,508,111; 4,538,600; 4,944,290; 4,947,835; and 5,070,868. Other patents issued and/or pending in the U.S.A. and internationally.

The product described in the enclosed literature is intended for the specific purpose as per the instructions attached. Any use of this product outside of its intended purpose on any body part or in a manner outside the protocol established by Dynasplint Systems, Inc., is a use of the product for which it, its divisions and employees cannot be held responsible. All implied warranties of fitness for use for any other purpose (or purposes) are expressly disclaimed.