



PATIENT INSTRUCTIONS Ankle Plantar Flexion Dynasplint® 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 before wearing the Ankle Plantar Flexion

Dynasplint® 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 or approximately 1/2

turn. Contact your Dynasplint® Systems sales

consultant if you have any questions.

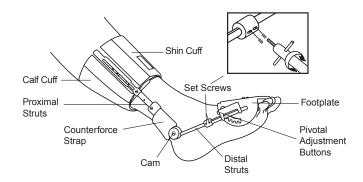
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FITTING INSTRUCTIONS

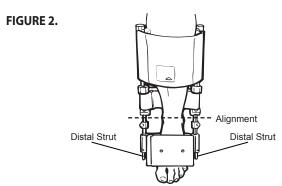
APPLYING THE ANKLE PLANTAR FLEXION DYNASPLINT® SYSTEM:

If possible, you should sit at the edge of a chair or bed with foot flat on floor.

STEP 1: While seated, open the calf cuff and loosen the counterforce strap. See Figure 1. **FIGURE 1.**



- **STEP 2:** Slide the foot over the counterforce strap so that the top of the foot is centered below the footplate. See Figure 1.
- **STEP 3:** Close the calf cuff and tighten the counterforce strap.
- **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 lined up with the ankle bones at the centers of the sides of the ankle.



- **STEP 5:** Check cuff for tightness. You should be able to flide a finger between your leg and the Dynasplint® System cuffs.
- **STEP 6:** Do not tamper with shin cuff.
- **STEP 7:** You should be inactive and relaxed while wearing the Dynasplint®System. The splinted leg should not hang downward. Elevate the splinted leg in a supported position under the calf or ankle, supporting the calf and knee by using a pillow.

REMOVING THE ANKLE PLANTAR FLEXION DYNASPLINT® SYSTEM:

CLINICIAN'S PRESCRIBED TREATMENT SCHEDULE

contact your Dynasplint® Systems sales consultant.

Maximum tension: .

Your follow-up visit is

Tension to be initially set at ______ increments.

STEP 1: Completely open the calf cuff and loosen the counterforce 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

Patient will wear the Dynasplint® System for hours the first day.
If no more than one hour post-wear discomfort occurs, the patient may increase wear time over a 2-3 day time period, building up to overnight application of 6-8 hours. Time spent wearing the splint is the most important component in regaining range of motion.
Increase tension by 0.5 increments or approximately $^1\!/_2$ turn on both sides of the splint if less than one hour of post-wear discomfort occurs.
Decrease tension if unable to wear for extended period of time.

The basic protocol outline is to provide maximum benefit from the Dynasplint® System. *Increasing tension faster does not ensure a proper stretch will be applied.*

If unable to sleep in the splint, maximize wear time during the day.

Please bring the Dynasplint® System and the completed evaluation sheet.

Remember to wear the Dynasplint® System while inactive, preferably while sleeping.

Sales Consultant: ______ Voicemail Number: _____

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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 post-wear discomfort occurs.
- 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.