IMPORTANT: Read instructions thoroughly before wearing the Hammertoe Metatarsophalangeal 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, approximately 1/2 turn. Contact your Dynasplint® Systems sales consultant if you have any questions.

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

__________________________
Signature

__________________________
Print Name

__________________________
Date
FITTING INSTRUCTIONS

APPLYING THE HAMMERTOE METATARSOPHALANGEAL FLEXION DYNASPLINT® SYSTEM:

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

**STEP 1:** Completely open the top straps.

**STEP 2:** While the top straps are open, slide the unit onto the foot so that the toe rests fully underneath the toe piece and above the counterforce strap. See Figure 1.

**FIGURE 1.**

**STEP 3:** Close the top straps.

**STEP 4:** Check the alignment. See Figure 1. The struts are placed on the left and right sides of the foot, and the cams should be aligned across the metatarsophalangeal.

**FIGURE 2.**

*Some units are equipped with a Pivot Auto Lock.*

**STEP 5:** Check straps for tightness. You should be able to slide one finger under the top and counterforce straps. Position straps on the marks.

**STEP 6:** Shoe should be evenly contoured across the foot.

**STEP 7:** You should be inactive and relaxed while wearing the Dynasplint® System. The splinted foot should not hang downward. It is important that some kind of support be placed underneath the calf (such as a pillow) to prevent the struts from protruding down and pushing the unit forward. The alignment may be thrown off so that the toe piece comes off of the toe.
REMOVING THE HAMMERTOE METATARSOPHALANGEAL FLEXION DYNASPLINT® SYSTEM:

STEP 1:  Completely open the top Velcro® straps and counterforce strap.

STEP 2:  Remove foot 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.

CLINICIAN’S PRESCRIBED TREATMENT SCHEDULE

These are guidelines only. Remove the Dynasplint® System if you experience pain at any time and contact your Dynasplint® Systems sales consultant.

Tension to be initially set at ________ increments.

Patient will wear the Dynasplint® System for ________ minutes the first day.

If no more than one hour post-wear discomfort occurs, the patient may increase wear time according to the recommended daily wearing schedule, building up to an application of 60 minutes, 3 times per day. Time spent wearing the splint is the most important component in regaining range of motion.

Increase tension by 0.5 – 1 increment 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.

Maximum tension: __________.

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

Remember to wear the Dynasplint® System while inactive, preferably with the foot elevated.

Your follow-up visit is ____________________.

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

Sales Consultant: ________________________ Phone Number: ____________________
HAMMERTOE DYNASPLINT® SYSTEM
RECOMMENDED DAILY WEARING SCHEDULE – POST-SURGICAL

Patient Name:______________________________________Diagnosis:__________________________________
Start Date:________________________ Range of Motion:  (R) ___________ degrees    (L) ___________ degrees

GOALS:
Restore functioning range of motion (while decreasing joint stiffness) to the joint without compromising the
stability and quality of the connective tissue and joint. This is achieved via low-load, prolonged-duration
stretch; a better way to achieve maximum end range of motion in a timely manner.

INSTRUCTIONS:
Follow the time frame below.

NOTES:
Time is more important than tension. Contact your Dynasplint® Systems sales consultant if you are having more
than 30 mins post-wear discomfort. Normal post-wear discomfort may average 5-30 mins after each session.

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*Stay at 60+ min. for one week b/w each setting level.

NOTES: If using two units - Toe up 2-3x per day; Toe down 1-2x per day.

Change tension setting every 2-3 weeks as needed.

Physician/Therapist Follow-Up Evaluation:
Date:___________ ROM:___________ degrees  Date:___________ ROM:___________ degrees
Date:___________ ROM:___________ degrees  Date:___________ ROM:___________ degrees
Date:___________ ROM:___________ degrees  Date:___________ ROM:___________ degrees