

Dorsiflexion Night Splint



Plantar Fasciitis Night Splint for Achilles Tendonitis, Foot Drop and Heel Pain Relief - Adjustable, Lightweight, Breathable

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Size Chart

Brand	WXY
Size	One Size
Specific Uses For Product	Achilles Tendonitis, Foot Drop, Hold, Plantar Fasciitis

Click here <https://a.co/d/hWAdvqN> to purchase the above product.

Use for: Achilles tendonitis, plantar fasciitis, foot drop, post-operative from various tendon repair surgeries

How to apply: Wear at night while sleeping. You should position your foot so it is in 90 degrees (see position of foot in bottom photo). This dorsiflexed position allows the Achilles tendon/plantar fascia to stretch over night and helps increase your range of motion over time. If 90 degrees feels too tight, then place the strap at the first point of resistance and gradually increase your range of motion over a few weeks. NOTE: this is NOT meant to be a weight bearing splint worn during the day