



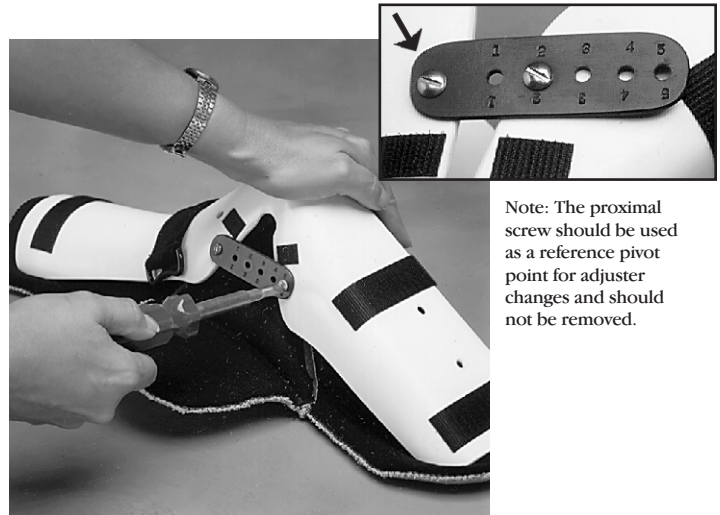
# North Coast™ Adjustable Position Foot Splint

## Indications

Use to provide a progressive, steady, non-elastic force to position the foot into dorsiflexion for plantar fasciitis relief, and/or correct plantar flexion deformities due to neurological involvement, fractures or soft tissue injury. The amount of flexion can be changed progressively by repositioning the screw position in the adjuster piece. The expanded heel area of the splint allows the involved heel to rest in the liner with little hard contact. This splint is not intended for ambulation or use with severe, uncontrollable plantar flexion tone. Splint comes assembled.

## Instructions For Use

1. Determine the ankle position needed. If muscles are tight it is usually better to avoid overstretching. Progressively readjust the splint daily per patient tolerance to gradually lengthen the involved foot tissues.
2. Prior to fitting the splint to the patient, loosen and remove the more distal screw in the ankle adjuster piece on both sides of the splint. The adjuster pieces are on the sides under the padded wing pieces. Do not remove the proximal screws. Move the adjuster pieces to the desired numbered ankle position (see Key at right) and align the hole of the adjuster piece with the hole in the foot splint.
  - **Tip for securing the adjuster piece.**  
To position the splint in plantar flexion, rest the calf and the toe ends of the splint on a tabletop (Fig. 1). Apply downward pressure on the splint to stretch apart the ankle area of the splint. Move the adjuster pieces to the correct hole and insert the screws.
3. Insert the distal screw into the appropriate hole and tighten it down. Fasten the padded wing piece over the exterior adjuster piece for protection and security on both sides.
4. With the knee flexed to maximize the angle of dorsiflexion, position the foot and leg in the splint. Wrap the ankle area with the loop strap using a figure-8 method and secure the D-rings. (Fig. 2)



Note: The proximal screw should be used as a reference pivot point for adjuster changes and should not be removed.

Fig. 1

### Key:

Position	Degree Desired
1	10° dorsiflexion
2	0° (neutral)
3	10° plantar flexion
4	20° plantar flexion
5	30° plantar flexion

Figure 2: Deluxe Model has anterior ankle flaps built into the liner of the splint.



Bring each flap over the ankle. Find the strap fastened to the hook piece on the bottom of the splint. Cross the strap ends over the layered ankle flaps and through the two D-rings attached to the back of the calf section. Pull the straps back onto the flaps or straps to secure. (Fig. 2)

## North Coast™ Adjustable Position Foot Splint

- Extend the knee to check the tightness of the ankle strap. Readjust the strap as needed for comfort.
- Secure the calf and foot strap around the leg.

- Use the optional **Triangular Base** to control internal or external hip rotation. Attach this piece to the splint using the special screws provided. (Fig. 3) The patient should be in a supine position with the hips and knees flexed to ensure neutral pelvis positioning during assembly.



Fig. 3

- Use the optional **Foam Pad Kit** to reduce pressure on the involved heel and to cushion vulnerable heel cord or plantar foot areas. Use the smaller pads to lift the heel off the splint by applying them just proximal to the injured heel area. Use the larger pad along the plantar surface of the splint to provide extra softness. Cut the pads to fit the splint area as needed. Remove the backing and place the adhesive pads directly on the splint shell. (Fig. 4)

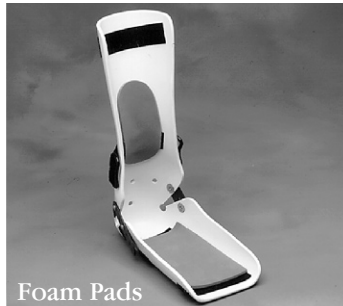


Fig. 4

- Use the **Fasciitis Wedges** for plantar fasciitis stretching. (Fig. 5) Place the thicker end of the wedge pad under the distal foot (toes) to elongate the plantar foot tissues. Fasten with hook and loop. Trim wedge as needed using scissors.



Fig. 5

### Tips for positioning the patient:

Side lying with pillow between the ankles. Prone with pillows under the shins. Supine with pillows under lower back and knees and/or ankles depending on the joints needing to be stretched and supported.

### Suggested wearing schedule:

On 3 hours, off 1 hour in the acute care setting, or as determined by the health care provider according to the patient's condition. Watch for reddened areas or other signs of unacceptable pressure.

### Instructions For Care

- Liner and straps: Machine wash and dry. Straps should be fastened during washing. For best results place in laundry bag.
- Shell and Triangular Base: Clean with disinfectant or mild soap.

### To Order:

#### Foot Splint

Deluxe		Fits Shoe Size
NC26004	Small	Women's 4 to 7
NC26005	Medium	Women's 7½ to 9½, Men's 6 to 9
NC26006	Large	Women's 10+, Men's 9+

#### Optional and Replacement Parts

- NC26010 **Triangular Base:** with screws
- NC26011 **Foam Pad Kit:** one 6" x 9" (15 x 23 cm) pad and two 2" x 4" (5 x 10 cm) pads made of 1/8" (3.2 mm) thick, closed-cell padding with adhesive backing.
- NC26015 **Fasciitis Wedge:** one 3" x 4" (8 x 10 cm) foam wedges made of 1/16" to 1" (1.6 cm to 2.5 cm) thick closed-cell padding with hook and loop fasteners.

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