

NICE STRETCH[®]

X-Lite **Night Splint** for Plantar Fasciitis



Instructions for Use



1. Unfold X-Lite Night Splint and lay it flat on the floor.



2. Place foot in center of splint and wrap back section tightly around the ankle.

3. Fold front sections around your foot and secure.



4. Take left strap and wrap it around foot and right side of ankle and secure.

5. Take right strap and wrap it around foot and the left side of ankle and secure.

Applies quickly and easily, folds compactly for easy transportation and is lightweight and comfortable. Hand wash, air dry.



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