



Night Splint

USA/GB Indication

- > Shortening of the plantar fascia
- > Achilles tendonitis
- > Prophylaxis of talipes equinus
- > Postoperative immobilization

Contraindication

- > Plantar flexion contracture exceeds 10°
- > No control with severe plantar flexion spasticity

Technical data

Sizes	Length	Height	Width
S 35 – 36	23.0 cm	33.0 cm	12.0 cm
M 37 – 39	23.5 cm	35.0 cm	13.0 cm
L 40 – 43	28.0 cm	37.0 cm	14.0 cm
XL 44 – 49	34.0 cm	38.0 cm	16.5 cm

Right and left fit.

Colour: Black

Material:
Backing splint: nylon
Liner: polyester foam
2 Heel wedges: EVA

Maintenance:
The product does not require maintenance. The DARCO Night Splint backing splint is designed for the use of one person only.

Cleaning instructions

1. Remove the heel wedges.
2. Open the velcro® straps in the heel area of the product.
3. Take out the plastic body by bending together the two shell parts.
4. For cleaning use mild detergents only. The liner is only to be hand washed and air dried.

P Prescrição

- > Encurtamento da fásia plantar
- > Tendinite na área de Aquiles
- > Profilaxia de pé pendente
- > Imobilização pós-operatória

Contra-indicações

- > A contratura da planta do pé supera os 10°
- > Não há nenhum tipo de controle, no caso de dores musculares extremas

Dados técnicos

Tamanhos	Comprimento	Altura	Largura
S 35 – 36	23,0 cm	33,0 cm	12,0 cm
M 37 – 39	23,5 cm	35,0 cm	13,0 cm
L 40 – 43	28,0 cm	37,0 cm	14,0 cm
XL 44 – 49	34,0 cm	38,0 cm	16,5 cm

Usável á direita e á esquerda.

Cor: Preto

Materiais:
Suporte estabilizador: Nylon
Revestimento: Polyéster Foam
2 cunhas colocáveis: EVA

Manutenção:
Este produto não precisa de manutenção. O suporte DARCO Night Splint foi concebido para uso em uma só pessoa.

Instruções de limpeza

1. Retire as cunhas.
2. Abra o fecho (velcro®), na zona do calcanhar.
3. Dobrando ambas as partes do corpo plástico retire-as deste.
4. Utilize apenas, para a limpeza, detergentes suaves. O revestimento deve ser só lavado á mão e secado ao ar.

D Indikation

- > Verkürzung der plantaren Faszie
- > Tendinitis im Achillesbereich
- > Spitzfußprophylaxe
- > Postoperative Ruhigstellung

Kontraindikation

- > Die Plantarflexionskontraktur übersteigt 10°
- > Keine Kontrolle bei starker Plantarflexionsspastizität

Technische Daten

Größen	Länge	Höhe	Breite
S 35 – 36	23,0 cm	33,0 cm	12,0 cm
M 37 – 39	23,5 cm	35,0 cm	13,0 cm
L 40 – 43	28,0 cm	37,0 cm	14,0 cm
XL 44 – 49	34,0 cm	38,0 cm	16,5 cm

Rechts und links tragbar.

Farbe: Schwarz

Materialien:
Lagerungsschiene: Nylon
Überzug: Polyester Foam
2 Einlegekeile: EVA

Wartung:
Das Produkt ist wartungsfrei. Die DARCO Night Splint Lagerungsschiene ist für die Anwendung an einer Person konzipiert.

Reinigungshinweise

1. Entfernen Sie die Keile.
2. Öffnen Sie den Klettverschluss an der Ferse des Produkts.
3. Ziehen Sie durch Zusammenbiegen der beiden Schalentteile den Plastikkörper heraus.
4. Verwenden Sie zur Reinigung nur milde Reinigungsmittel. Der Überzug kann nur per Hand gewaschen und an der Luft getrocknet werden.

NL Indicatie

- > Verkorting van de fascia plantaris
- > Achilles tendinitis
- > Klapvoetprophylaxe (Equinusprophylaxe)
- > Postoperatieve immobilisatie

Contra indicatie

- > De plantaire flexie hoger is dan 10°
- > Geen controle bij hoge spasticiteit van de plantairflexie

Technische gegevens

Afmetingen	Lengte	Breedte	Hoogte
S 35 – 36	23,0 cm	33,0 cm	12,0 cm
M 37 – 39	23,5 cm	35,0 cm	13,0 cm
L 40 – 43	28,0 cm	37,0 cm	14,0 cm
XL 44 – 49	34,0 cm	38,0 cm	16,5 cm

Rechts en links draagbaar.

Kleur: Zwart

Materialen:
steun spalk: Nylon
Bekleding overtrek: Polyester Foam
2 verstelbare wiggen: EVA

Onderhoud:
Het product is onderhoudsvrij. De DARCO Night Splint steun spalk is ontworpen voor gebruik op een persoon.

Wasinstructies

1. Verwijder de wiggen.
2. Open de klittenband op de hiel van het product.
3. Terwijl u de twee softdelen samenbuigt kunt u het kunststofonderdeel eruit trekken
4. Gebruik alleen milde reinigingsmiddel voor het schoenmaken. De overtrek kan alleen met de hand gewassen worden en vervolgens aan de lucht laten drogen.

E Indicación

- > Reducción de la fascia plantar
- > Tendinitis del tendón de Aquiles
- > Profilaxis de talipes equinovarus
- > Inmovilización postoperatoria

Contraindicación

- > La contractura de la flexión plantar supera a 10°
- > Ningún tipo de control en caso de extrema espasticidad de flexión plantar

Datos técnicos

Tamaños	Longitud	Altura	Ancho
S 35 – 36	23,0 cm	33,0 cm	12,0 cm
M 37 – 39	23,5 cm	35,0 cm	13,0 cm
L 40 – 43	28,0 cm	37,0 cm	14,0 cm
XL 44 – 49	34,0 cm	38,0 cm	16,5 cm

De uso derecho y izquierdo.

Color: Negro

Material:
Férula estabilizadora: nylon
Revestimiento: poliéster foam
2 cuñas de talón: EVA

Mantenimiento:
Este producto no necesita mantenimiento. La férula de estabilización DARCO Night Splint está concebida para la aplicación en una persona única.

Instrucciones de limpieza

1. Retire las cuñas.
2. Abra las correas de velcro® en el talón del producto.
3. Ponga el cuerpo de plástico de la férula doblando junto las dos partes de la cáscara.
4. Para la limpieza solamente use detergente suave. El revestimiento puede lavarse solamente a mano y se seque al aire.

DK Indikation

- > Forkortning af den plantare fascie
- > Tendinitis ved akillesenen
- > Klumpfod profylakse
- > Postoperativ stabilisering

Kontraindikation

- > Plantarflexions kontrakturen overstiger 10°
- > Ingen kontrol ved kraftig plantarflexion spasticitet

Tekniske data

Størrelser	Længde	Højde	Bredde
S 35 – 36	23,0 cm	33,0 cm	12,0 cm
M 37 – 39	23,5 cm	35,0 cm	13,0 cm
L 40 – 43	28,0 cm	37,0 cm	14,0 cm
XL 44 – 49	34,0 cm	38,0 cm	16,5 cm

Kan bruges på venstre og højre fod.

Farve: Sort

Materialer:
Muhafaza atel: nylon
Kaplama: Polyester foam
2 indlægsiler: EVA

Vedligeholdelse:
Produktet er vedligeholdelsesfrit. DARCO Night Splint skinne er udviklet til anvendelse på en person.

Rengøringshenviisning

1. Fjern kilerne.
2. Åbn velcrolukningen på skinnens hældele.
3. Træk plastikdelen ud ved at bøje de to skålede sammen.
4. Anvend kun et mildt rengøringsmiddel til rengøringen. Betrækkel må kun vaskes i hånden og skal tørre i luften.

F Indication

- > Raccourcissement de la fascié plantaire
- > Tendinite dans la zone du tendon d'Achille
- > Prophylaxie du pied équin
- > Pour une immobilisation postopératoire

Contre-indication

- > La contracture de la flexion plantaire dépasse 10°
- > Pas de contrôle en cas de forte spasticité de la flexion plantaire

Dates techniques

Taille	Longueur	Hauteur	Largeur
S 35 – 36	23,0 cm	33,0 cm	12,0 cm
M 37 – 39	23,5 cm	35,0 cm	13,0 cm
L 40 – 43	28,0 cm	37,0 cm	14,0 cm
XL 44 – 49	34,0 cm	38,0 cm	16,5 cm

Portable à droite et à gauche.

Couleur: Noire

Matériaux:
Attelle de stabilisation: nylon
Revêtement: mousse de polyester
2 cales de talon: EVA

Entretien:
Le produit ne demande pas d'entretien. L'attelle de stabilisation DARCO Night Splint convient à l'application d'une seule personne.

Nettoyage

1. Enlevez les cales.
2. Ouvrez la bande velcro® au talon du produit.
3. Retirez le corps plastique de l'attelle par plier ensemble les deux parties de la coquille.
4. Seulement nettoyez l'attelle avec un détergent doux. Lavez ce produit seulement à la main et faites-le sécher à l'air.

TR Endekasyon

- > Plantar fascia kisalma
- > Aşil tendon bölgesinde tendinitis
- > Pes ekinus korunma
- > Amelyat sonrası sabitleme

Kontrendikasyon

- > Plantar fleksiyon kontraktürü 10° geçerse
- > Kontrol edilmez şiddetli plantar fleksiyon spastisite

Teknik veriler

Boy	Uzunluk	Yükseklik	Genişlik
S 35 – 36	23,0 cm	33,0 cm	12,0 cm
M 37 – 39	23,5 cm	35,0 cm	13,0 cm
L 40 – 43	28,0 cm	37,0 cm	14,0 cm
XL 44 – 49	34,0 cm	38,0 cm	16,5 cm

Sağ ve sol giyilebilir.

Renk: Siyah

Malzemele:
Muhafaza atel: nylon
Kaplama: Polyester Foam
2 eklemle takozu: EVA

Bakım:
Ürün bakım gerektirmez. DARCO Night Splint muhafaza ateli bir kişi kullanılmak üzere tasarlanmıştır.

Temizleme notları

1. Takozları kaldırın.
2. Ürünün topuğunda bulunan cırt bantları açınız.
3. İki kabuğun birlikte bükerek plastik parçaları çıkartın.
4. Temizliği için sadece hafif bir deterjan kullanın. Kaplama sadece elle yıkabilir ve havada kurutulabilir.

I Indicazioni

- > Accorciamento della fascia plantare
- > Tendinite nella zona d'Achille
- > Profilassi del piede equino
- > Immobilizzazione postoperatoria

Controindicazioni

- > Contrattura della flessione plantare che supera 10°
- > Incontrollata forte spasticità della flessione plantare

Dati tecnici

Misura	Lunghezza	Altezza	Larghezza
S 35 – 36	23,0 cm	33,0 cm	12,0 cm
M 37 – 39	23,5 cm	35,0 cm	13,0 cm
L 40 – 43	28,0 cm	37,0 cm	14,0 cm
XL 44 – 49	34,0 cm	38,0 cm	16,5 cm

Portabile a destra e a sinistra.

Colore: Nero

Materiali:
Stecca d'appoggio: Nylon
Rivestimento: Schiuma di Polyester
2 cunei da inserire: EVA

Manutenzione:
Il prodotto non richiede manutenzione. La DARCO Night Splint Stecca d'Appoggio è concepita per l'uso ad una persona.

Istruzioni per il lavaggio

1. Togliete i cunei
2. Aprite la chiusura a velcro® al tallone del prodotto.
3. Estraiete mentre piegate le due parti dei gusci, il corpo in plastica
4. Per la pulitura utilizzate solo detergenti delicati. Il rivestimento può essere lavato solo a mano e lasciato asciugare all'aria.

RUS Показания

- > При укороченной плантарной фасции
- > При тендините в области Ахиллова сухожилия
- > Для профилактики остроконечной стопы
- > Для послеоперационной фиксации

Противопоказания

- > Контрактура плантарной флексии, превышающая 10°
- > Невозможность контроля при сильной спастичности плантарной флексии

Технические данные

Размеры	Длина	Высота	Ширина
S 35 – 36	23,0 cm	33,0 cm	12,0 cm
M 37 – 39	23,5 cm	35,0 cm	13,0 cm
L 40 – 43	28,0 cm	37,0 cm	14,0 cm
XL 44 – 49	34,0 cm	38,0 cm	16,5 cm

Для правой и левой ноги.

Цвет: Чёрный

Материаль:
Ночная шина: нейлон
Поверхностный материал: Поролон
2 вкладыша: ЭВА

Обслуживание:
Изделие не требует обслуживания. Шина DARCO Night Splint рассчитана на применение одним пациентом.

Указания по очистке

1. Выньте клиновидные вкладыши.
2. Раскройте застёжку-липучку в пяточной части изделия.
3. Согнув, выньте оба вкладыша пластикового корпуса.
4. Для очистки используйте только мягкие моющие средства. Чехол можно стирать только вручную и сушить на воздухе.



USA/GB Instructions for use

Night Splint

Backing Splint

Night Splint

The Night Splint backing splint is designed to stabilize dorsal extension which consequently results in a slight stretching of the Achilles tendon, the calf muscles as well as the plantar fascia. This promotes offloading the muscles and ligaments and encourages the process of healing.

- > two heel wedges for adjusting dorsal flexion
- > three velcro® straps for selective customization
- > smooth upper material – high comfort
- > non-slip sole

Recommendations for use:

Positioning the foot into the backing splint:

- Open the velcro® straps at the front in the toe area underneath the splint. Remove the two heel wedges from the wedge pocket.
- Enter the foot into the backing splint with the knee bended in order to realize the angle of maximum dorsiflexion.
- Fix the belt across the instep with the velcro® strap in order to optimize the position of the heel.
- Stretch the knee in order to check the fitting of the belt across the instep (If the heel is slipping inside the splint the belt is too loose. If the calf is squeezed in, the belt is too tight. Readjust and check again).
- After checking the correct fit of the belt across the instep, the other two velcro® straps can be closed across ankle and shinbone in order to ensure a secure and comfortable fit.

Inserting the heel wedges into the backing splint:

- Insert the heel wedges only under supervision of a physician or healthcare specialist.
- With the foot in the splint open the strap located underneath the splint and initially insert one wedge thin end first.
- Try and test this stabilizing orthosis for one hour. In case of skin irritation, changes in colour or increased pain symptoms, please contact your physician or healthcare specialist immediately.
- If during the night no pain or discomfort occurs and your medical healthcare specialist agrees, the second wedge may be inserted the same way as the other.

Night Splint

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P Instruções de utilização

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