

# NAP Splint - Nighttime Anterior Positioner

*Designed to help provide relief from pain and discomfort of  
Plantar Fasciitis and Achilles Tendonitis*



1. Remove NAP splint from bag and open hook closures.



2. Slide foot and heel into elastic piece and tighten the ankle straps and the toe straps. Re-adjust if necessary for comfort.



3. Wrap the calf strap around calf, fasten and adjust for comfort if necessary.



Walking with the NAP splint is **NOT** recommended. Non-skid tread is there for minimum ambulation.

Hand wash cold water. Air Dry.