

Quick Fit | ActiveRestore Instructions | Fixed Bunion Splint

- 1 Slide the bunion splint over the bunion, with the white padding facing towards you first.



- 2 Pull the velcro straps to tighten, which will push the big toe outwards. Adjust tightness so there's pressure without pain.



- 3 Once you're used to that level of pressure, tighten it bit by bit every few weeks to gradually straightening the bunion.



Useful Tips

- Aim to wear the splint for 2-4 hours daily or nightly.
- If you feel any severe pain then you should loosen it slightly and wear it for a shorter period of time.
- For exercises that increases strength and flexibility of the foot, please visit: <https://www.feetfeet.co.uk/blogs/bunions/5-best-bunion-exercises>