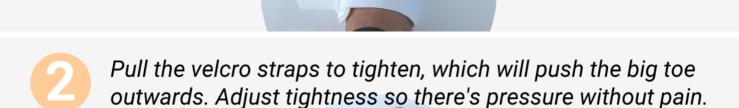
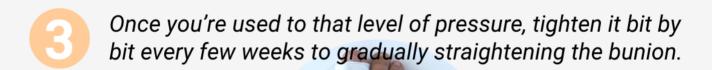
Quick Fit | ActiveRestore Instructions | Hinged Bunion Splint

Align the hinge of the bunion splint with the bunion and slide the velcro straps through their slots.





Useful Tips

- Aim to wear the splint for 2-4 hours daily or nightly.
- o 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