

# Quick Fit | ActiveRestore Instructions | Hinged Bunion Splint

1

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



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>