

GR8FUL®

User Guide

NIGHT BRACE



1

WHY USE A NIGHT SOCK SPLINT?

Most of us sleep with our toes & feet pointing down, which shortens the plantar fascia and Achilles tendon. Night splints, which you wear while you sleep, keep your feet at a 90-degree angle, with your toes pointing upwards not downwards. So instead of shortening your plantar fascia, you get a good, constant stretch while you sleep. Our gr8ful night brace has a neat non bulky design and works really well. Once the pain has gone, you can stop wearing it.

2

HOW TO PUT THE BRACE ON

First put the sock on, then loop the Velcro strap through the loop. Start with a gentle stretch for a 30 mins whilst relaxing then build up wearing it to a full nights sleep and increasing the stretch to your desired level.

3

HOW LONG DO I NEED TO WEAR MY NIGHT BRACE?

- Wear it before you sleep: When you first purchase your night splint, it's always a good idea to try wearing it for awhile before you sleep in it. Try wearing while you're watching TV or reading a book to help your foot get used to it.
- Wear it consistently: Even if it isn't the most comfortable to sleep in, it's important to wear it regularly in order for your foot to heal.
- Healing time varies between people.

4

CAN I ADJUST THE FLEXTION OF MY NIGHT SPLINT?

You can easily adjust the angle of the night brace by gently tightening the Velcro strap. The best angle is between 45 and 90 degrees.



5

CAN I WEAR SOCKS WITH MY NIGHT BRACE?

There is not need to wear socks, as the splint works as a sock too. It's best not to walk round too in your night brace, but you can relax, read a book and watch TV in your night brace as well as sleep in your brace.



6

HAND OR MACHINE WASH

Hand wash or cold water on gentle washing machine setting is recommend. Hand wash in cool water with mild soap. Remove excess water and air dry away from heat. Don't iron and don't dry the brace in the dryer.



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