Thermoplastic splints will not fit or function properly until heated and formed to the patient. Issues with the size or fit of the splint cannot be determined until it has been properly heated and formed.

This splint is intended to be fitted and worn over a sock.

- Remove support from bag and detach all Velcro straps. Laying the Velcro straps out and NOT on the thermoplastic stays helps them heat more evenly (Figure A).

- Place support in microwave (on high) for 10-second increments, flipping it over each time, until the entire thermoplastic stay is warm and pliable. **DO NOT LEAVE THE MICROWAVE UNATTENDED. OVERHEATING CAN CAUSE THE NEOPRENE TO BURN.**

- When heating is complete, check inside of splint to be sure there are no **HOT SPOTS** before applying splint to patient.

- Pull splint snugly over the forefoot until the distal end of the splint passes the metatarsals.

- With the patient sitting, place the affected foot flat on the floor with the knee directly over the heel (leg at 90 degree angle with the floor). Keep patient in this position throughout the remaining steps.

- Attach posterior Velcro straps to a snug but comfortable fit (Figure B).

- Leave medial and lateral elastic straps loose (unattached).

- Pull up on the top of the splint, stretching it toward the knee (Figure C). Inspect thermoplastic stays for wrinkles and bunching. Adjust posterior straps as necessary.

- While splint is still warm and pliable, gently press around the ankle, forming the stay for a custom fit. An ice bag may be used to accelerate cooling process. (Leave medial and lateral elastic straps unattached.)

- Once set, remove splint and allow to sit for 10 to 15 minutes.

- The ankle support is now ready to wear. Reapply the splint and attach posterior Velcro straps. The posterior Velcro straps may now be trimmed with scissors to expose more loop Velcro. Pull the lateral elastic strap toward the medial side (Figure D), spiraling around posterior of splint and attach on lateral/anterior side toward the top of the splint (Figure E). Repeat with the medial strap.

- An optional 1” Velcro strap is included for additional support. The strap connects the medial and lateral stays by crossing under the plantar arch (Figure F).

- If the correct fit is not obtained, remove the product and repeat above procedures or spot treat specific areas with a heat gun or iron set to medium.

Contact the Benik customer service department at 1-800-442-8910 with any questions, comments or concerns.