

Night splint AFO

Overview

A plastic ankle-foot-orthosis designed to apply prolonged stretch to plantar fascia and plantar flexor muscles.



Night Rest Afo

Designs & Components:

- Rigid plastic AFO with full length footplate.
- Soft EVA interface lining and proximal Velcro strap.
- Calf, ankle and forefoot Velcro straps for closure and suspension.
- Comes with/ without adjustable side straps to control the joint angle.

Principle and Gait Biomechanics

- Ankle joint is set at 5- 15 degrees dorsiflexion angle to provide stretching of the posterior and intrinsic muscles of the foot and ankle.
- The continuous tension of these muscles helps maintain functional length of the muscle and reduces muscle tone and plantar fascia pain.
- Tri-planar control of the ankle joint motion using three-point pressure (3pp) system.
- The 3pp force system provides ankle plantarflexion control and varus/valgus correction.



- Pressure distribution over the well-contoured and intimately-fit plastic shell guarantees comfort and enhanced control.
- Axial load force transmission over the AFO walls will reduce the force acting on the anatomical joint.

Indications:

- Heel pain
- Plantar fasciitis
- Achilles tendinitis
- Ankle joint instability
- Tibialis anterior muscle weakness.
- Plantarflexion contracture < 10 degrees

Prerequisite for use:

- Intact trunk balance and stability.
- Normal upper limb power and dexterity.
- Absence of ankle plantarflexion contracture exceeding 10 degrees.

