

## Care and Maintenance

- Wash periodically by hand with a damp cloth and a mild soap
- Use a towel to absorb most of the dampness and then allow to dry at room temperature
- Do not dry clean or tumble dry - allow to dry naturally away from direct heat sources
- Do not expose to alcohol, ointments or solvents



UP-FO

Fitting Guidelines &  
Care Instructions



UPFO IFU - Revision 4 - Jan 2024

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Single Patient Use



Not Fire  
Retardant



## Features

- Lycra lined, Plantar Fasciitis stretch splint with foam padded straps to maintain comfort across the flexor tendons
- Low profile, lightweight shell is sturdy and breathable
- Ankle and instep straps provide a gentle stretching of the Plantar Fascia and Achilles Tendon, adjustable from 90-10° dorsiflexion
- Includes dorsiflexion wedge
- User-friendly centre-release buckles for simple application
- Washable, breathable liner to eliminate heat build-up

## Indications

- Plantar Fasciitis
- Achilles Tendonitis
- Lower extremity overuse injury
- Prevention of Drop Foot in the immobile patient

## Size Table

Size	UK Shoe Size	Brace Height (CM)	Footplate Length (CM)	Code
Small	<5	34	24	UPFO-S
Medium	5 - 8	36	27	UPFO-M
Large	>8	38	29	UPFO-L

## Fitting Instructions

- Open all the straps as fully as possible
- Carefully insert the foot into the orthosis, making sure your heel is at the back
- Close the straps securely but comfortably

## Additional Information

- Material content: PP 50%, PU 25%, Polyester 24%, POM 4%, Iron 1%
- LATEX FREE