

## Night Splint

The night splint AFO is designed to help stretch the foot and ankle and is frequently used for planter fasciitis or a tight heel and calf.

### Indications:

- Plantar fasciitis, plantar flexion contractures, heel spurs, equinovarus/valgus, runner's cramp, Achilles tendonitis, and muscle tightening.



Photo courtesy of Cascade