

Bunion Aid™

The Flexible Splint for Bunion Relief

READ PRODUCT INFORMATION & INSTRUCTIONS BEFORE USE.

Intended use: Hallux valgus (bunion): mal-positioning of the big toe.

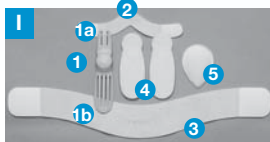
Bunion Aid is used as both preventative and corrective measures for mild to moderate mal-alignment of the big toe, and stabilization following hallux valgus surgery.

Bunion Aid relieves bunion pain and helps restore the foot's natural range of motion while walking. The hinged splint's padded lining protects irritated tissue, distributes pressure, and provides corrective support. The dual strapping systems realign the big toe and stabilize the metatarsal arch.

Following surgery, **Bunion Aid** helps maintain the surgical fixation of the big toe.

Bunion Aid comes pre-assembled (see **Fig. V** on other side). The set (**Fig. I**) consists of:

1. Splint with hinge and reversing slit
 - a. Toe blade
 - b. Metatarsal blade
2. Hook & loop toe strap
3. Hook & loop metatarsal strap
4. Two foam side cushions
 - Thick cushion for extra comfort and protection
 - Thin cushion for an alternative fit
5. Metatarsal pad



CAUTION:
*Not recommended
for those with diabetes
or poor circulation.*

User instructions:

- Begin with 20 minutes per day and increase gradually until you can wear the splint daily 2 - 3 hours while walking and/or nightly while sleeping.
- Recommend wearing the splint 4 - 8 weeks or until realignment is achieved. Thereafter, wear 2 - 3 times per week for maintenance.
- Wear barefoot, or splint may fit in wide-fitting slippers or shoes.
- The splint is designed to fit most foot sizes and can be worn on either the right or left foot.

How to apply the splint:

1. Loosen metatarsal and toe straps. Slip your foot into the loosened metatarsal strap. Then slip big toe into the small loosened toe strap.
2. Press the splint to the inside of

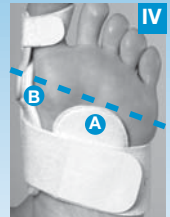


your foot aligning the hinge with your bunion while holding ends of both straps with your other hand (**Fig. II**). Tighten metatarsal straps with equal tension around the mid-foot to prevent slippage.



3. Adjust straps with equal tension around your big toe (**Fig. III**). Adjust the tension to a comfort level so it can be worn for the full session. **Do not** attempt to over-correct at the beginning; correction occurs over time.

4. **OPTIONAL:** (Recommended for those with hammertoe or claw foot.) For additional lift and support, place metatarsal pad in center of the underside of your foot, slightly below level of ball of foot (**Fig. IV**). The pad (**A**) should not extend beyond the line of your bunion (**B**) and should be comfortable while walking. To test whether it is in the right place, stand on the pad up to three minutes. As you put pressure on the pad, your toes should lengthen.



Contraindications:

- There are no known hypersensitivity or allergic reactions associated with this product when used correctly. If it is not possible to correct the angle (<math><20^\circ</math>) of the base joint of the big toe passively, we advise against wearing the splint and recommend consulting your healthcare professional.
- Please consult your healthcare professional before applying and wearing.
- Discontinue use of **Bunion Aid** in case of the following conditions: skin diseases or injuries in the affected area, especially inflammation, as well as scarring with swelling, redness or increased skin temperature, gout, rheumatoid arthritis, tenderness to pressure, polyneuropathy, or swelling of the leg.

Helpful information:

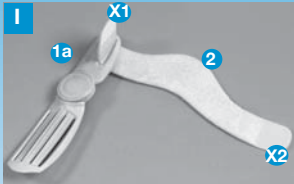
- **Bunion Aid** can be worn while barefoot. In order to avoid soiling, wear a sock over the splint and foot.
- **Bunion Aid** can be worn in shoes that are non-restrictive, provide a wide opening towards the front of the shoe, and are a comfortable fit.
- **Bunion Aid** should not be worn while swimming, on the beach, or in salt water. Salt and sand may cause damage to the splint.
- In case of improper use, product liability is precluded.
- The product must not be altered. Only original **Bunion Aid** parts may be used to ensure complete functionality and to uphold product liability.
- Returns are accepted within two weeks of purchase in original package. All parts must be included.

Please turn over

INSTRUCTIONS FOR RE-ASSEMBLING THE STRAPS

1. Threading the toe straps into splint:

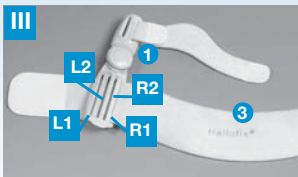
Place the toe strap in front of you (**Fig. I**). The hook & loop end (**X1**) of the toe strap (**2**) is drawn from below through the right opening of the toe blade (**1a**) and is fastened to the toe strap (**2**) as in (**Fig. II**).



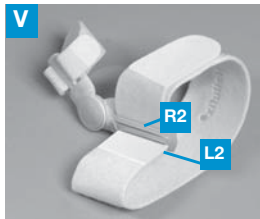
The second hook & loop end (**X2**) is also drawn through the left opening of the toe blade (**1a**) and fastened to the toe strap (**2**).

2. Threading the metatarsal strap into the splint:

Place the splint (**1**) and the metatarsal strap (**3**) in front of you (**Fig. III**). The metatarsal strap is drawn from above through the reversing slit (**R1**) and then from below through the reversing slit (**R2**) and then fastened to the metatarsal strap (**3**) (**Fig. IV**).



As identified in (**Fig. III**), the second end of the metatarsal strap (**3**) is drawn from above through the reversing slit (**L1**), fed back through the slit (**L2**) and then fastened to the metatarsal strap (**3**). Completed strap assembly is shown in **Fig. V**.



3. Applying the foam side cushion:

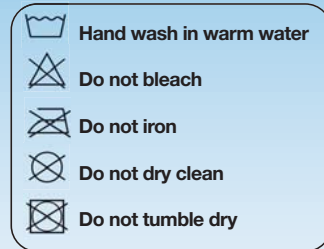
The side cushion, as delivered in the original package, is fastened securely to the splint with hook & loop. Should you fasten it yourself (*e.g. after washing*), please ensure that the side cushion is placed on the long part of the splint; the shape of the cushion fits the shape of the splint. An additional slim cushion is included for an alternative fit.

Side effects:

There are no known side-effects when used properly. In the event of local pressure or circulatory disturbance, please ensure **Bunion Aid** is worn correctly or discontinue use and contact your healthcare professional.

Care instructions:

- Hand wash only. No fabric softener or bleach.
- Wash as an entire unit or in separate parts.
- Close straps before washing to avoid damage.
- Air dry only.
- Store in a dry place.
- Avoid contact with fats and acids.



Bunion Aid Plus™ replacement set is available at www.alphaorthotics.com.

Bunion Aid™

The Flexible Splint for Bunion Relief

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Bunion Aid is a quality-assured product. Should you have any questions, please contact us at info@alphaorthotics.com or one of our experts.

Made in Germany

Patent US 7,396,338 B2

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reddot design award
winner 2009

