

# Hallufix<sup>®</sup>

INNOVATIVE ORTHOTIC SOLUTIONS

english

## Bunion Aid Splint

Hinged –  
keeps your foot  
flexible!



Please read product information before use!

## The Hallufix<sup>®</sup> splint

- is used for treatment of Hallux valgus (bunion): malpositioning of the base joint of the big toe
- is indicate for mild to moderate, non-rigid cases of big toe malpositioning, as well as post-operatively, after bunion surgery
- realigns toe and joint malpositioning: when worn during the night, the tightened soft tissue (capsule) is elongated, the malpositioning is corrected over time
- worn post-operatively, the splint helps to stabilize the corrected alignment

## Mode of action

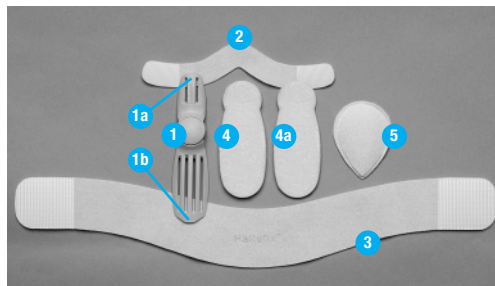
- corrects the deformity of the big toe
- preventive and post-operative
- shortens rehab time
- reduces the risk of arthritis
- keeps your foot flexible
- fits in comfortable shoes

## The splint set consists of:

- 1 Hinged splint with reversal slits
  - 1a Toe splint
  - 1b Mid-foot splint
- 2 Toe strap
- 3 Mid-foot strap
- 4 1x Side cushion, thick (pre-applied)
  - 4a 1 x Side cushion, thin (can be used alternatively)
- 5 Pelotte

The splint comes in one size and can be worn left or right.

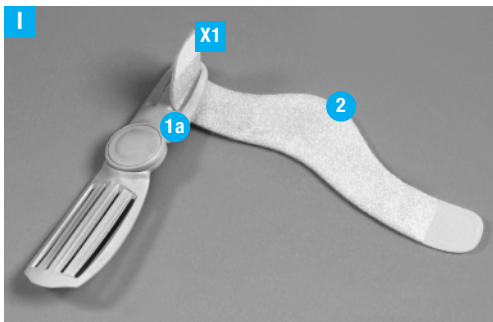
The consumables (straps, pelotte, cushions) are available in the [Hallufix<sup>®</sup> Replacement Set](#) (see page 17)



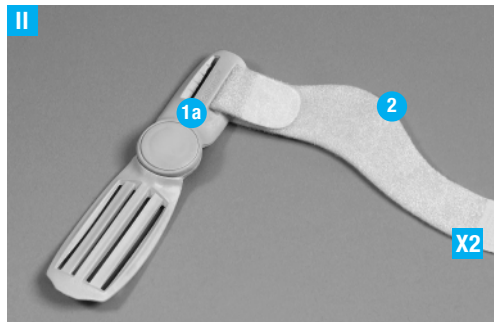
The toe strap has hook-and-loop fasteners which can be shortened with scissors if required.

## Threading the toe strap

Place the toe strap in front of you as shown in Fig. I. Draw the hook-and-loop end (X1) of the strap (2) from below through the right opening of the toe blade (1a) and fasten to toe strap (2).

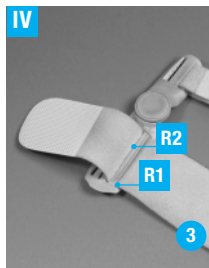
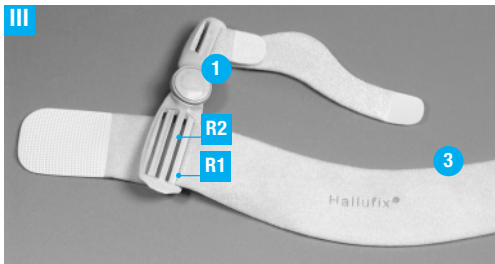


→ (Fig. II) Draw the second end (X2) also from below through the left opening of the toe blade and fasten to toe strap (2).

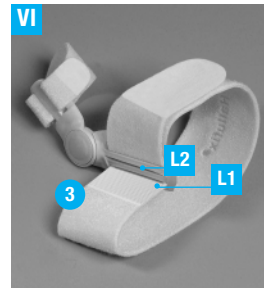


## Threading the mid-foot strap into the splint

Place the splint (1) and the mid-foot strap (3) in front of you as shown in Fig. III. Draw the mid-foot strap from above through the reversal slit (R1) and then from below through the reversal slit (R2) → (Fig. IV) and fasten to mid-foot strap (3) → (Fig V).

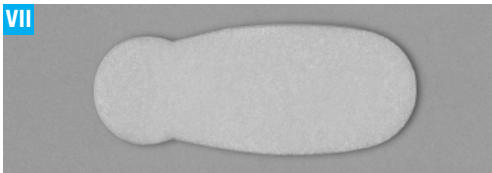


The second end of the strap (3) is drawn from above through the reversal slit (L1) (Fig. VI), then led back through the slit (L2) and fasten to mid-foot strap (3).



## Foam side cushion

The thick side cushion (Fig. VII) as delivered in the original packaging, is factory-provided fixed securely to the splint. Should you have to fasten it yourself, (e.g. after washing) be certain the cushion is placed on the long part of the splint; the design of the cushion is adjusted to the shape of the splint.



**For less padding, simply exchange the thick side cushion against the thinner one.**

## Applying the splint

Once the straps are threaded, the splint can be fitted (Fig. VIII) and fastened to the foot with the toe and midfoot strap. (Fig. IX).



## Inserting the mid-foot pelotte

The pelotte is placed on the underside of the foot, with the hook-and-loop side towards the strap and then fitted in the arch of the foot to lift the metatarsal bones. It has a very important function while walking and should always be used except when shoes are worn with foot supports or insoles.

### Recommendation of use

At the beginning, wear the Bunion aid splint only for an hour to accommodate your foot. We recommend to wear the splint regularly during the night and 2-3 hours during the day.



The pelotte (A) should not extend beyond the line of the ball of foot (B) and should be comfortable while walking.

## Side effects

No side effects are known when used appropriately. In the event of local pressure manifestations and circulatory disturbances, please check if the splint is adjusted correctly, loosen straps or remove the splint. If in doubt, consult a physician or orthopedic technician.

## Contraindications

Hypersensitivity and/or allergic reactions are not known when used appropriately. If it is not possible to correct the angle ( $< 20^\circ$ ) of the base joint of the big toe passively, we advise against wearing the splint and recommend consulting your physician.

In the case of the following disease conditions, the splint can only be applied and worn after consulting a physician: Skin diseases and injuries in the affected area of the body, especially with inflammatory manifestations, as well as excessive scarring with swelling, redness and heat, gout attack, rheumatic diseases, hypersensitivity to pressure, base joint arthritis, polyneuropathy (circulatory and sensory disorders, caused by e.g. diabetes), disturbances of lymph outflow, – including non-specific soft tissue swelling which affects parts of the body at a distance from the device being applied.

## Important advice

- The splint should not be worn while swimming, at the beach or in salt water, since salt and sand may damage its hinge.
- In order to avoid soiling it is advisable not to wear the splint barefoot. Preferably, a sock should be worn over splint and foot.
- The splint fits in most comfortable shoes. When choosing, please make sure, that the shoe
  - does not constrict
  - has a wide front opening
  - has a comfortable fit
- In case of improper use, product liability is precluded.
- Guarantee is granted within standard legal regulations.
- The product must not be altered, only original **Hallufix®** may be used to ensure complete functionality and to uphold liability.
- Lifecycle average of bandages and cushions is max. 3 months, depending on frequency of wearing, duly usage and care. In case of heavy duty and often cleaning, substitution in shorter periods is advised.

The **Hallufix®** Replacement Set is available in specialized trade or on [www.hallufix.com](http://www.hallufix.com).

## Care



Hand wash in luke warm water with a mild detergent, without fabric softener



No chlorine bleaching



Do not iron



Do not dry clean



Do not dry in a tumble dryer

- Always store in a dry place
- Avoid contact with fats or acids
- Can be washed as separate parts or entire unit in mild, alkali-free soap at 30° C by hand
- Close hook-and-loop fasteners before washing to improve service life and avoid damage
- Avoid direct heat while drying (open fire, heater, sunlight)

The product is subject to continuous quality controls. Should you have any complaints, please contact one of our experts near you.

**CE** Hallufix® is a registered trademark. International patents issued.

## Legend



Consider product information



CE Marking



Manufacturer



Date of manufacture



Batch code

The consumables (bandages, pelotte, side cushions) are available in the **Hallufix® Replacement Set** (see page 17)

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