Foot Drop Splint

Why to use a foot drop splint

Foot drop happens when there is weakness in the muscles in the front of the foot. It can make walking difficult as the toes will hang lower than the ankle when you lift your foot.

A foot drop splint may be used to:

- Correct foot drop or prevent more injury to the foot or ankle.
- Prevent foot drop when you have not been able to walk and are lying in a bed. Pressure on the foot in a non-support position can lead to foot drop over time.
- Move muscles in the foot or ankle if you have paralysis or are unable to move the muscles of the foot or ankle.

A foot drop splint allows your foot and ankle to be positioned normally when you are at rest.

How to use a foot drop splint

A foot drop splint should only be used when you are in bed and lying on your back.

1. Bend the knee up and place the foot in the boot of the splint, so the bottom of the foot rests against the base of the splint. There should be open space in the splint behind the heel of the foot.

2. Hold the foot in place with your hand and bring one side of the foot strap over the top of the foot. Then bring the other side of the foot strap with the Velcro closure on it over and fasten it.
3. Slide the ankle strap through one of the loops on the splint frame. Take the strap across the foot and through a loop on the other side of the splint. Pull it snug and fasten it to hold the foot in place in the splint.

4. Secure the straps around the leg at the top of the splint with the Velcro.

5. Repeat steps 1 through 4 if you are to also wear a splint on your other foot.

6. Use the rotation bar to limit rotation of the foot in or out from the center.
   - If the foot tends to roll in toward the other leg, turn the bar so it is towards the other leg.
   - If the foot tends to roll out away from the other leg, turn the bar so it is away from the other leg.

Skin care with the splint

Remove the splint every 2 to 4 hours when you are awake and check your skin for any redness, open or cracked skin, or discolored spots.

Wash your leg and foot each day whenever the splint is removed.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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