Orthosis for prevention, correction and redressment of a big toe X-position misalignment (hallux valgus)
Bochikun® Hallux Valgus Orthosis

Please read the instructions for use carefully before using Bochikun®. The perfect function of this product is guaranteed only if it is correctly fitted.

Intended purpose / indications

• For preventive and therapeutic use for mild to severe, still correctable hallux valgus (bunion, grades 1 to 3).

• For therapeutic use in mild to severe hallux valgus (bunion), including hallux valgus that no longer responds to conservative corrective treatment. For temporary redressment and relief of the big toe and the metatarsophalangeal joints.

• For postoperative use, for securing treatment success after hallux valgus surgery.

• To release rubbing or overlapping toes, as well as prevention and therapy of secondary disorders that must be treated, such as corns, claw toes or hammertoes, that occur due to contact or rubbing.

• The Bochikun® orthosis has a corrective effect on the big toe joint. When worn, the soft parts (capsule) of the big toe joint are stretched. The malposition of the joint can thus be corrected slowly, provided the proper conditions are given.
• Postoperative use after hallux valgus surgery can shorten the period of rehabilitation and ensure that the correction achieved is at least equivalent to joint-based products.

• For use in patients with increased pressure sensitivity and for alternative use in the case of material incompatibility with plastics.

• Lower risk of osteoarthritis in the metatarsal basal joints during preventive use.

• To maintain full foot mobility, can be worn in all commercially available footwear.

• To ensure successful treatment of malpositions of the big toe (hallux valgus).

• To safeguard and support conservative therapies. To restore the natural foot load on the balls of the big toe, heel and balls of the small toes. Thanks to the release and associated increased activity of the toes, positive support of the basic muscular structures can be expected.
Instructions for applying your orthosis

Place the mid-foot part under your heel. Check to ensure that the Velcro closure is resting against the outside of your foot.
Place your heel into the opening with the narrower heel strap resting on top of the Achilles tendon...

... and close the Velcro closure so that the entire mid-foot part rests comfortably but snugly and cannot slip.

Then pull the toe cap (B) over your big toe. Now take the wide strap and connect the Velcro closure with the mid-foot part (A). Please note: Your foot must initially become accustomed to the orthosis and the altered position of the big toe. Handle the straps “conservatively” ...
... and first stretch the wide part far enough for a small distance (approx. 1 to 2 mm) to be visible between the big toe and the second toe. Then tighten the narrow straps to meet your own level of comfort and prevent a possible overlapping or underlying of the adjacent toe. Then adjust the wide strap slightly as needed. Generally, you should retain the first comfortable, pain-relieving position for about 1 month. Then you can change the tension as needed.

Please note: Never pull the straps (B) too tightly. Instead, always ensure that tension is as moderate as possible in line with your individual big toe position. Moderate tension, but never too tight. Don’t overdo it at the beginning!

If you should feel pain or numbness, discontinue your treatment with Bochikun for 24 hours and increase the daily application period step by step. If you should experience numbness at the tip of your toe, this is often caused by an ingrown toenail. If this is the case, please have a specialist (podiatrist, pedicurist) treat the ingrown toenail. Bochikun’s versatile and individual adaptability ensures that wearing the orthosis will be comfortable from the very beginning.
Instructions for applying your orthosis

Optional: Use a waterproof marker to mark the position of all three parts. This will allow you to find your optimal position again even if you should detach the mid-foot part from the forefoot part. You do not need to detach the two parts when removing the orthosis.

Removing the Bochikun orthosis

1. Open the closure (A).
2. Pull the toe cap (B) off the big toe and remove the orthosis completely.

[Donning from the second application onwards]
1. Slip your heel into the back opening and close the orthosis on the instep (A).
2. Then pull the toe cap over your big toe (B).
Important instructions!

1. Depending on the degree of tilt of the big toe, the distance is extended for attaching the straps with the toe cap on the counterpart of the mid-foot part. In the event that you have to pull so hard that initially more than a 1 to 2 mm gap arises between the big toe and its adjacent toe in order to reach the Velcro closure area of the mid-foot part, you should choose the next larger orthosis size, especially if you are between two sizes.

2. Please ensure that when donning the Bochikun® for the first time, the straps do not end at the top or bottom of the heel counterpart, so that you have enough space to increase or decrease the tension later.

3. If Bochikun slips, please tighten the mid-foot part first.

4. The fit of Bochikun is can be stabilized most easily when you don the orthosis while standing or when you adjust the fit after donning it.
Contraindications

When used properly, hypersensitivity and/or allergic reactions are not known.

If you are unable to move the hallux valgus angle laterally or can do so only if it is painful, we recommend that you wear the Bochikun orthosis only after consultation with your doctor.

If you have any of the conditions mentioned below, you should apply and wear the orthosis only after consultation with your doctor:
Skin sensitivity and/or injuries in the body part to be treated, especially in the case of inflammation and raised scars with swelling, redness and warmth, gout, rheumatism, hypersensitivity to pressure, osteoarthritis of the base joint, polyneuropathy.

(Circulatory and sensory disturbances in the case of diabetes, for example), lymphatic drainage disorders, inexplicable soft tissue swelling, including on other body parts not near the applied orthosis.

If you should experience numbness in any part of the forefoot area, please remove the orthosis and check the tension exerted on the big toe before applying it again.

If you should experience numbness in the area of the big toe or have pain in the area of the nail bed, please ensure that your toenail is not ingrown and if so, have it treated by a podiatrist if needed.
Important instructions

• The Bochikun® Hallux Valgus Orthosis can generally be worn barefoot directly on the skin.
• Bochikun® can be worn in all commercially available footwear. It is not necessary for the forefoot area to be especially roomy, as with shoes with wide toe boxes. However, please check to be sure that your shoes are not responsible for your pain.
• You may swim and bathe while wearing your Bochikun®, also thanks to its extremely quick-drying combination of materials. However, please observe the rules of hygiene when handling items that come into contact with the skin.
• We recommend walking barefoot outdoors only if the surface is smooth or soft (e.g., sand, grass, mats). Consider whether wearing the orthosis without footwear is worth the effort to clean it if it should become soiled.
• Bochikun® may be worn under stockings and socks. “Tabi socks” provide particularly good support for therapy (the big toe is separated from the small toes), as are toe socks (with each toe separate from the others). The separation of the big toe also allows Bochikun® to be worn over stockings and socks with such socks.
• Bochikun® is very durable. However, in order to extend the lifespan of Bochikun®, please avoid prolonged direct contact with rough or abrasive materials. In the case of direct contact with very pronounced calluses, please use appropriate care products for reducing or smoothing callouses.
• Product liability is excluded in the case of improper use.
• A warranty is granted within the limits of the statutory provisions.
• Bochikun® may not be modified. Any type of modification or the failure to use original replacement parts or mechanisms release us from our warranty obligations and exclude any liability.
• Owing to the selected materials used, which are exclusive to Bochikun® and are protected worldwide, Bochikun® is extremely durable. However, we basically refer to the fact that bandages are consumable materials and may have a different shelf life depending on the duration of use.
• Bochikun®’s tension and fit on the instep can be adjusted infinitely variably and can thus offset changes on the foot.
• Bochikun® is available from specialty dealers such as pharmacies.
Care

- Close Velcro fasteners before laundering in order to preserve functionality and prevent damage.
- When drying, do not expose to direct heat or sunlight.
- Bochikun® was fabricated in Japan with the usual very high quality standards and was manually inspected twice within the scope of the manufacturing process and of the delivery criteria. If you should have a complaint or request for improvement, please contact your local specialty dealer or contact us directly.
- In Europe, Bochikun® meets the major criteria of the CE guidelines and is registered accordingly.
- Usable detergents: colour detergent.

Adverse effects:

No adverse effects are known in the case of proper use. If local pressure marks or circulatory disturbances should occur, please check that your Bochikun® orthosis fits properly, loosen the straps slightly or remove the orthosis. If needed, please consult your doctor, pharmacist or orthopedic technician.

Further recommendations:

Your feet love variety. For long-term pain relief, we recommend that you change your footwear frequently, preferably daily. This also applies to your mode of treatment. While you should wear your Bochikun® daily, we recommend using Ashipita foot slings on occasion. Not only is this very pleasant; it is also very visually appealing and leads to a similar therapy outcome with a different mode of treatment. For further information, please go to shop.n-ippin.com.
On a personal note:

Please consider the treatment method you have selected as part of your foot therapy. Therapies that are offered or prescribed are supported with orthoses, splints, etc. This requires one thing in particular: patience. Please be patient. While you can expect to obtain relief with the products, do not expect them to work miracles. Adapt your footwear (if it has been identified as a cause of your complaints) to your needs. You can still enjoy wearing your favorite shoes, but perhaps less often than usual. Strengthen your foot muscles and the muscles of your lower legs. Then you will be able to do more than you had originally thought possible! All the best for your N-Ippin Care products.

Recommendations for use:

Initially, the Bochikun® Hallux Valgus Orthosis should be worn for a few hours at a time in order for you to become accustomed to it. We recommend wearing the orthosis regularly around 2 to 3 hours daily. While applying Bochikun® overnight is generally very effective and you should wear it the entire time you are in bed, you must be able to wear the orthosis during the day without experiencing any pain or other symptoms before you start wearing it at night. If wearing Bochikun® at night makes you feel stressed in the morning or tired, please extend the initial application phase until you reach a symptom-free period that corresponds to the length of your night’s sleep.

Material:

Orthosis: nylon 64%, polyurethane 36%, closure: 100% polyester
### Sizing

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#### Bochikun® Corrective Orthosis

<table>
<thead>
<tr>
<th>Size of orthosis</th>
<th>S</th>
<th>M</th>
<th>L</th>
<th>XL</th>
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<tbody>
<tr>
<td>Foot size</td>
<td>21,5 - 23,5cm</td>
<td>24 - 26cm</td>
<td>26,5 - 28,5cm</td>
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<td>Shoe size EU</td>
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<td>38 - 41,5</td>
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<td>7 - 9,5</td>
<td>10 - 12,5</td>
<td>13 - 15,5</td>
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<tr>
<td>Shoe size US Men</td>
<td>3 - 5,5</td>
<td>6 - 8,5</td>
<td>9 - 11,5</td>
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HMV no.: 12A