

Foot Abduction Brace for after-care of idiopathic clubfoot as part of the Ponseti Therapy.
Recommended period of treatment: from removal of last plaster cast to child's 4th/5th year of age.



Contents

- ALFA-Flex or COMFOOT-Blue Shoes
- Allen-key 4 mm
- Torx-key TX20
- ALFA-Flex Foot Abduction Brace

Important information:

Brace: Intended for a max. therapy period of 5 years. Total lifespan: 8 years.

Shoes: Lifespan 3.5 years

The year of manufacture can be determined by the first two figures of the batch number.

Storage: Protected from frost and direct sunlight, medium humidity

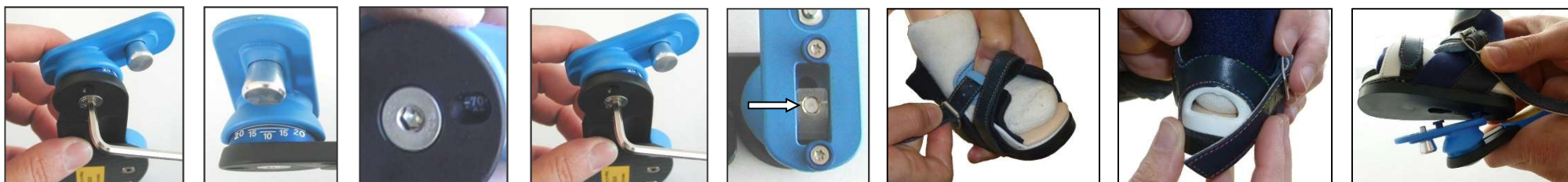


Adjustment of length:

Variable length adjustment: 180-300mm

Unscrew 6 screws by using the Torx-key. Adjust bars to child's shoulder-width as a minimum.

Tighten screws with 3 or more turns and **secure with "LOCTITE 222"**



Adjustment of angles:

1. Unscrew screws by using the allen-key
2. Choose dorsal extension at scale on ball (unless given other instructions by doctor: 5-10°)
3. Choose abduction in the window of the bar (unless given other instructions by doctor: 70° for a clubfoot, 40° for a healthy foot)
4. Strongly tighten screw, to **avoid accidental loosening secure with "LOCTITE 222"**. **(Important: otherwise the child might swallow or choke on the parts)**

Putting on Shoes and Brace:

1. Place the foot into the shoe - the heel must be placed at the backmost bottom part of the shoe (check in the heel window)
2. First close the middle strap tightly (keeps the heel in the right position). Close the other straps looser
3. Place the shoe on the click system from above and pull the brace back in direction of the heel until the bolt snaps in

Open the brace by pulling the bolt, push brace to block in direction of the toes and lift

Shoes not suitable for walking! Danger of slipping!