

Foot abduction braces are used for the after-treatment of an idiopathic clubfoot according to the Ponseti method.
Recommended period of treatment: From date of plaster cast removal up to 4 - 5 years of age.



Scope of delivery

1. ALFA-Flex or COMFOOT-Blue Shoes
2. Hexagon socket key 4/5 mm,
3. Torx key TX 10/20
4. ECO Brace Light Foot Abduction Brace

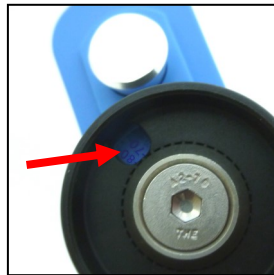
Important information:

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 in front of the serial number.
Storage: Protected from frost and direct sunlight, medium humidity



Adjusting the length of the brace:

- Variable length from 200 – 290 mm
- Loosen the 2 screws which connect the brace parts (Torx-key TX20)
- Adjust the rail length to at least (!) the shoulder width of the child
- Fasten the self-locking screw tightly



Abduction angle setting:

- Use the hexagon socket key to loosen the screw underneath the brace by a quarter turn.
- Then gradually rotate the plate outwards and allow it to engage at the desired angle (degree increments can be read via the view window). (The Ponseti method recommends 70° for a clubfoot, 40° for a healthy foot.)
- Fasten the self-locking screw tightly

Wearing the shoes and brace:

1. Place the foot in the shoe with the heel right back and seated down in the shoe – check the correct position via the heel window
2. Close and tighten the middle strap first (helps to hold the heel in the correct position), loosely tighten the other strap
3. Push the shoe downwards onto the click-system fastener and push the brace towards the heel until the pin locks into position. To **release** the brace, extract the pin, push the brace as far as possible towards the toes and then lift it off.

The shoes are not suitable for walking! Risk of slipping!