

ASSEMBLY INSTRUCTIONS for the BETA Flex Brace - for Orthopaedic Technicians

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



Contents

1. ALFA-Flex or COMFOOT Shoes
2. BETA-Flex Foot Abduction Brace
3. Allen-key 5 mm
4. Torx-key T 20 and T 10
5. 2 additional springs with higher resistance
6. 4 Locking pins (of which 2 are replacements)

Important information:

Brace: Intended for a max. therapy period of 5 years. Lifespan: 6 years

Shoes: Lifespan 3.5 years

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

Storage: Protected from frost and direct sunlight, medium humidity



Adjusting the length:

Variable length adjustment from 200 to 290 mm.

Unscrew 2 screws (Torx-key T 20).

Adjust the brace length to at least (!) the child's shoulder-width.

Re-tighten the screws firmly.



Adjustment of angles:

Unscrew the screws one quarter turn on the upper side of the brace using the Allen-key.

Turn the plate gradually outwards and let it lock into place at the desired angle-degree (see window under the shoe support plate). Ponseti recommends 70 ° for clubfoot, 40 ° for a healthy foot.

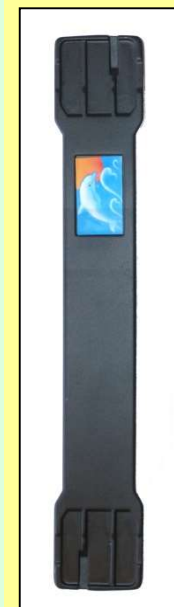
Re-tighten the screw firmly.



Putting on Shoes and Brace:

1. Insert the foot into the shoe so that the heel is firmly at the back and on the sole - check in the heel window.
2. First close the middle strap tightly (keeps the heel in the correct position). Close the other straps more loosely.
3. Place the shoe on the click system from above and slide the brace backwards in the direction of the heel until the bolt snaps into place. Open the brace by pulling the bolt, push the brace as far as it will go in the direction of the toes and lift off.

Shoes not suitable for walking! Danger of slipping!



For infants with a shoulder-width of less than 20 cm, we offer the extra-light *BETA-Flex mini*. The 8.5 cm long base can be connected to the rotors of the BETA-Flex Brace.

Locking the BETA Flex Brace



1

1. Loosen both screws that hold the two halves of the rotor casing together (Torx-key T 10).



2

2. Turn the brace and pull off the casing half **on the reverse side**.



3b



3a

3. Insert the locking pin as far as it will go into the hole in the inner part of the rotor.



4

4. Close the rotor casing again. In doing so, the locking pin catches in the hole provided on the inner side of the rotor casing.



5

5. Reconnect the two halves of the rotor casing with the two screws.

6. Repeat the process with the other rotor casing.

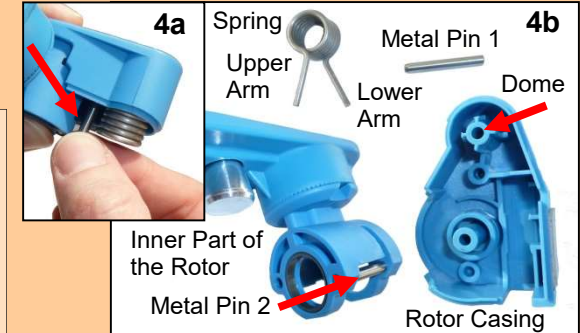
Inserting the stronger springs

1. Lubricate the **new springs** with spindle grease on the inside and outside.
2. Open the rotor casing according to points 1 and 2 in the instructions on the left.



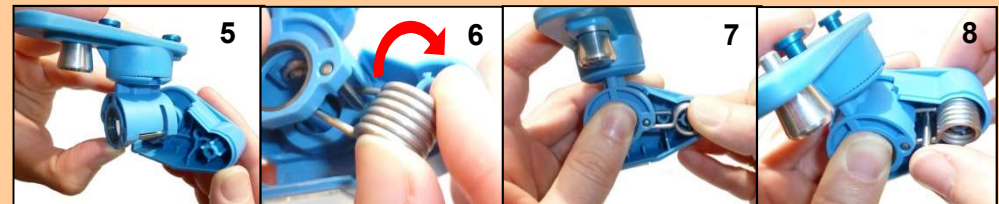
3

3. Remove the rotor casing from the brace base.



4. Remove the metal pin from its position between the arms of the spring. Then remove the spring. This loosens the inner part of the rotor.

5. Insert the inner part of the rotor into the rotor case again and keep it fixed in its position.
6. Insert the new spring so the lower spring arm is over metal pin 2, and the upper spring arm is under metal pin 2.
7. Turn the spring into the correct position while keeping the tension and push it onto the plastic dome of the rotor casing.
8. Insert metal pin 1 into the hole provided in the rotor casing between the spring arms.



9. Replace the brace base in the rotor casing.
10. Close the rotor casing according to points 4 and 5 in the instructions on the left.
11. Repeat the process with the other rotor casing.



9