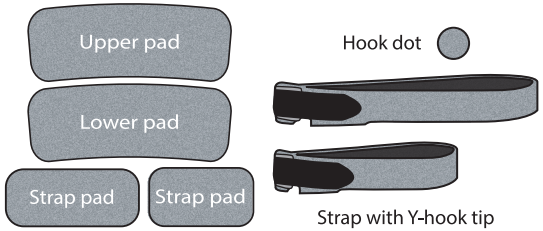
## Important notes

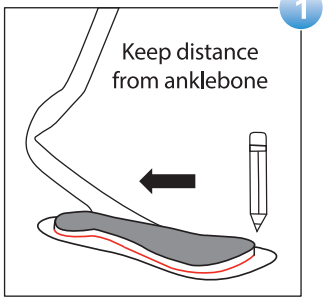
- When grinding or cutting, protect the eyes and cover the nose and the mouth.
- The orthosis cannot be thermoformed.
- The sole of the orthosis and other structural elements must be free from holes and perforation as these would interrupt the fibres and weaken the component.

## The set includes

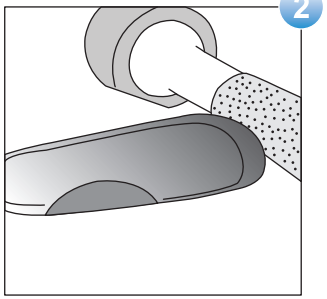
- Ankle-foot orthosis Easy Walk® Fixation
- Strap with Y-hook tip 2 pcs
- Padding 4 pcs
- Adhesive hook dots 12 pcs
- Double-sided hook dots 4 pcs
- Synthetic sole cover
- Instruction for Use
- Fitting Instruction



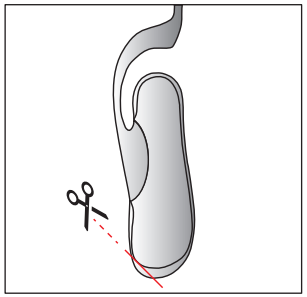

## Fit orthosis in 10 simple steps



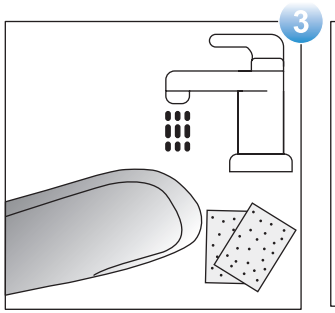

**1. Mark the orthosis sole contour**
The contour of the orthosis sole has to match the inner shape of the shoe sole. It is important to choose a correct orthosis size. Then take out the insole from the shoe and mark the contour of the insole on the orthosis. When adjusting the sole length, the connection between the sole and the dorsal spring must not get too close to the inner anklebone.



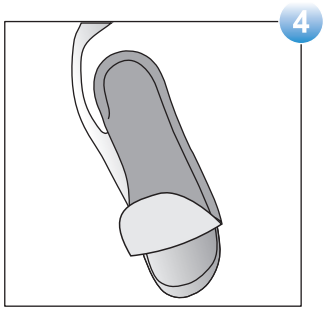

**2. Grind the sole**
Grind the orthosis sole until the marked contour on a grinding machine with medium grain (60) sandpaper.



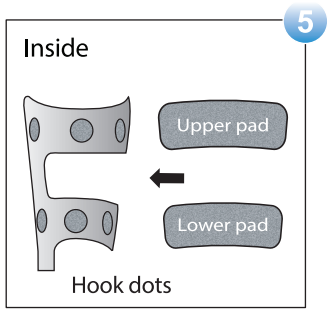
**2a. or cut it with scissors**
When adjusting the sole width, grind or cut the outer edge of the sole no more than is required in order that the inner part of the sole would not press against the foot. If the sole requires more reduction in width, grind or cut it from both outer and inner sides.



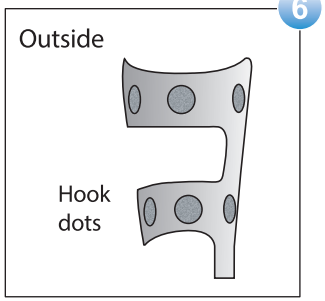

**3. Make the sole edges smooth**
Edges of a trimmed/ cut orthosis are sharp and can cut a shoe or cause injuries. Therefore, they should be ground and sanded smoothly under a water stream using 150 grit waterproof sandpaper.



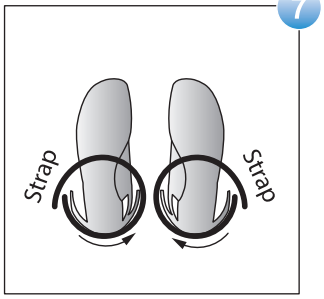

**4. Cover the sole part**
Use the velour material provided with the orthosis set. Remove a protective cover from it and stick the material to the top of the orthosis sole. Fold the velour over the sole edge, cut the excess and stick the left material on the bottom of the orthosis.



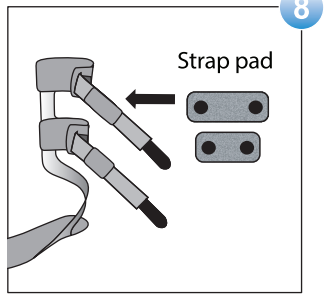

**5. Attach soft padding**
Attach two parts of soft padding to the glued hook dots on the inside of the calf holders.




**6. Attach three hook dots for straps**
Attach 3 hook dots on each calf holder like in the picture..

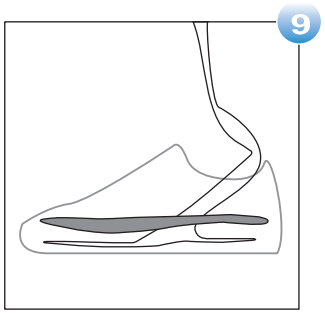



**7. Fix the fastening straps**
Fix the straps on the hook dots starting from the lateral side and wrap them around the calf from the back towards the medial side.

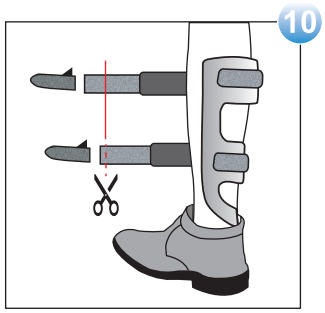



**8. Pad the straps**
Fix two double-sided hook dots on the strap padding part and fasten it on the strap at the front of the leg in order to reduce pressure of the strap.


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**9. Put the orthosis in the shoe**
Take out the insole from the shoe, put the orthosis in, and then put the insole back. The orthosis should not slither inside. It fits best with 10-20 mm heel shoes.

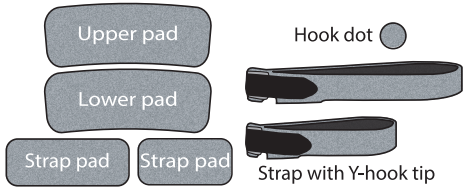
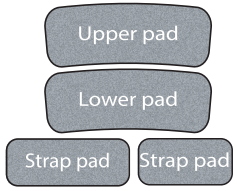



**10. Adjust the straps and fasten the orthosis**
The patient should put on the shoe together with the orthosis. Measure and adjust the straps by cutting them with scissors. Attach a Y-hook tip at their ends and fasten the orthosis.

## The patient shall be instructed on how to wear the AFO

The statements of **Instruction For Use** should be explained in detail. The printed document supplied with the product should be given to the patient and he/she should be explained how to find a digital version in different languages on Ortho Baltic website by scanning the QR code on the product labelling or the packing box.

## Spare parts available for replacement

| Strapping & Padding Set<br>art. GSTR10F=1 for sizes XS-M<br>art. GSTR10F=2 for sizes L, XL | Padding Set<br>art. GPAD10F=1 for sizes XS-M<br>art. GPAD10F=2 for sizes L, XL |
|---|---|
|  |  |
| Velour sole cover, black art. GSC10 | |
| GSC10=LXS | GSC10=RXS |
| GSC10=LS | GSC10=RS |
| GSC10=LM | GSC10=RM |
| GSC10=LL | GSC10=RL |
| GSC10=LXL | GSC10=RXL |

## For more information contact the manufacturer:

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Kaunas, Lithuania
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info@orthobaltic.lt
www.orthobaltic.eu

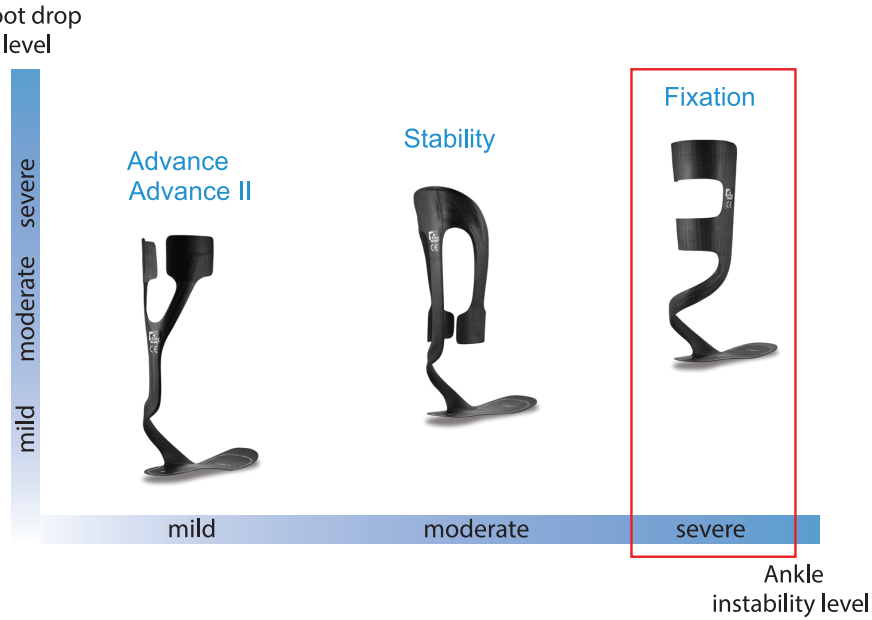
Effective from 01/05/2023
Version 3



# FITTING INSTRUCTION for Easy Walk® Fixation ankle-foot orthosis

## Product

Fixation (art. AFO10F) is a pre-preg carbon fibre orthosis from Easy Walk® range of footdrop ankle-foot orthoses (AFOs) developed and manufactured by Ortho Baltic.




| Item No Left | Item No Right | Size | Shoe size | Height, cm |
|---|---|---|---|---|
| AFO10F=LXS | AFO10F=RXS | XS | 34-36 | 32.5 |
| AFO10F=LS | AFO10F=RS | S | 36-39 | 33.5 |
| AFO10F=LM | AFO10F=RM | M | 39-42 | 34.5 |
| AFO10F=LL | AFO10F=RL | L | 42-45 | 35.5 |
| AFO10F=LXL | AFO10F=RXL | XL | 45-47 | 37.5 |

**The product must be fitted only by a professional Orthotist**

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