

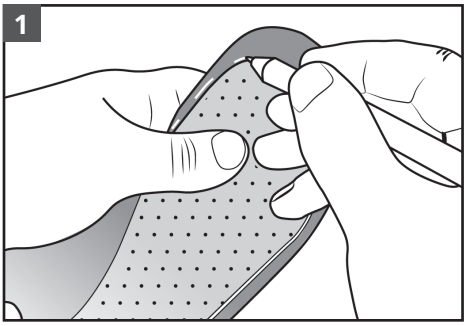
Easy Walk®

kite AFO

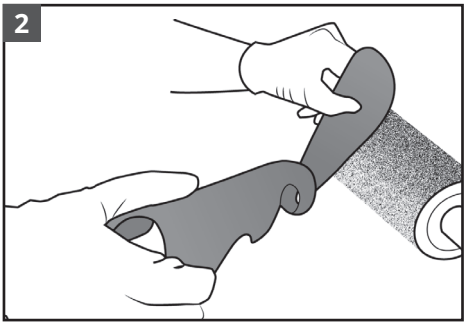
fitting instruction

How to fit pre-preg carbon fibre orthosis in 7 simple steps

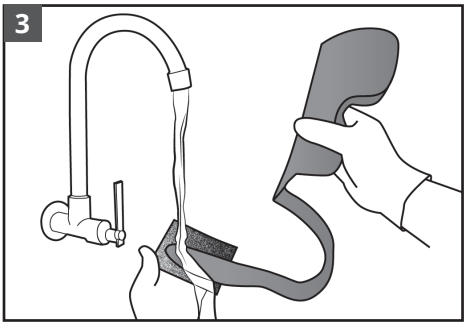
ORTHO BALTIC



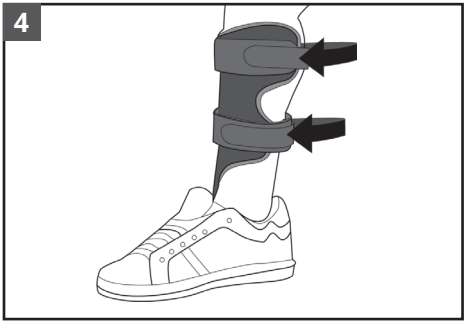
1. Adjusting the sole shape
Contour of the orthosis sole has to match the inner shape of the shoe. Choose the correct size of the orthosis, then take out the insole from the shoe and mark a contour onto the insole of the orthosis.



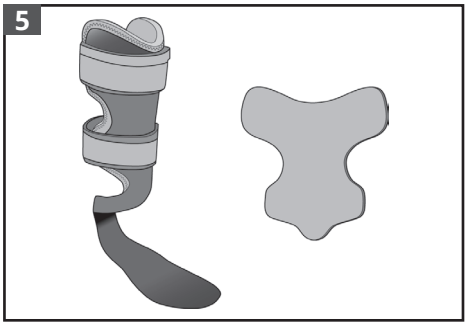
2. Trimming the brace
Grind the sole part until the marked contour is reached using medium grit (60) sand paper on a grinding machine.



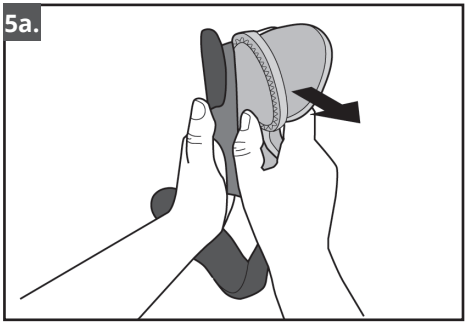
3. Edge finishing
Edges of a trimmed orthosis are sharp and can cut the shoe and cause injuries.Therefore, they should be ground and sanded smooth under the stream of water using 150 grit waterproof sand paper.



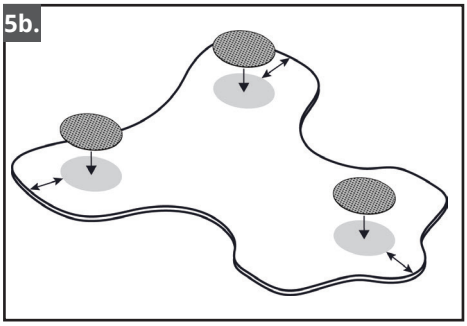
4. Fastening of orthosis on the leg
Patient should put on the shoe together with the orthosis. Put the fastening strap around the calf and fix it.



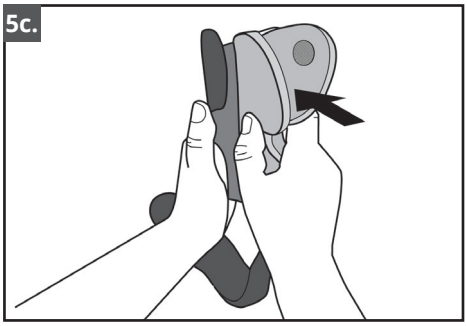
5. Placing the additional padding onto orthosis. Orthosis is presented preassembled with 3mm padding. If patient`s tibia is fitting loosely or it does not feel comfortable there is an additional 3 mm padding included.
If thicker padding is not required ignore entire section 5, otherwise follow instructions for additional padding placement.



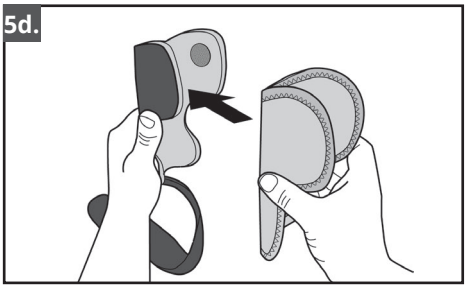
5a. Remove padding by gently pulling it away from the calf holder. Ensure tiny hook dots stay attached to the orthosis calf holders' inner surface.



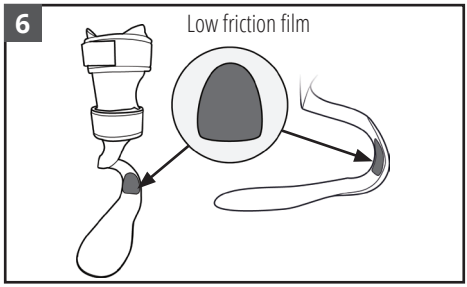
5b. Place 3 tiny hook dots onto additional padding as shown. Slightly heat up the adhesive on to the tiny hook dots using heat gun and apply onto sturdier padding surface.
Evenly space out the dots leaving 5-10 mm from the padding edge.



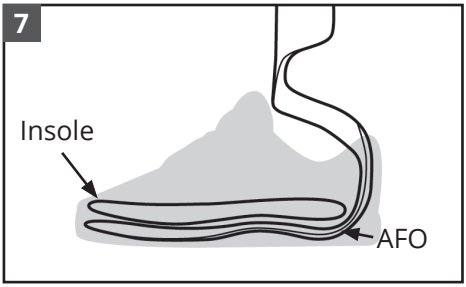
5c. Place additional padding onto existing tiny hook dots. Leave an even space between the padding and the edge of the calf holder.



5d. After additional padding has been laid, place the initial padding back onto orthosis. This will increase the thickness of the padding.

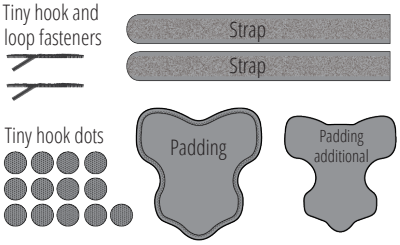


6. Low friction self-adhesive PTFE film.
It is recommended to use low friction film (provided) by simply removing the backing and placing it on the orthosis where heel meets the spring section. Low friction film is designed to prevent and relieve hot spots, blisters, calluses, and ulceration associated with pressure and shear.



7. Putting orthosis in the shoe
Take out the insole, put the orthosis in and put the insole back. If shoe is without insole, simply put the orthosis in the shoe. The orthosis should be fitted tight and should not slither inside.

Replacement kit



Important notes

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

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