Important notes

The product must be fitted only by a professional Orthotist

- 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.

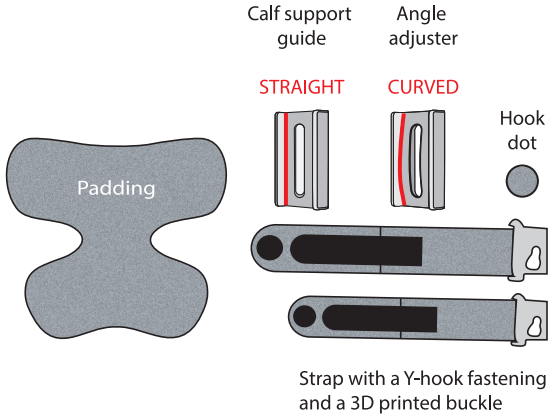
Size selection

The physical properties of the orthosis, such as stiffness and flexibility, as well as height depend on its size. For example, a smaller-size orthosis is more flexible as a larger-size one is stiffer. When selecting a size, take into consideration the patient's individual needs, body type and level of physical activity.

	Standard option			Alternative option		
Orthosis size	**S1**	**M2**	**L2**	**S2**	**M1**	**L1**
Carbon shell size	small	medium	large	small	medium	large
Calf support size	small	large	large	large	small	small
European shoe size	35 - 40	38.5 - 43.5	41.5 - 46.5	35 - 40	38.5 - 43.5	41.5 - 46.5
Sole length (mm)	250	272	293	250	272	293
Sole width (mm)	87	97	105	87	97	105
Min. height w/o padding (mm)	320	350	370	330	340	360
Max. height w/o padding (mm)	350	380	400	360	370	390

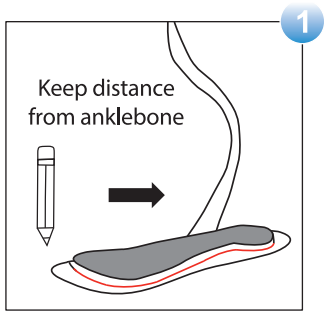
The set includes

- Ankle-Foot Orthosis Easy Walk® Rely
- 3D printed calf support
- Calf support guide 2 pcs (3D printed)
- Angle adjuster (3D printed)
- Screw 2 pcs
- Nut 2 pcs
- Strap 2pcs
- Padding
- Y-hook fastening 2 pcs
- Adhesive hook dots 12 pcs
- Double-sided hook dots 2 pcs
- Instruction for use
- Fitting Instruction

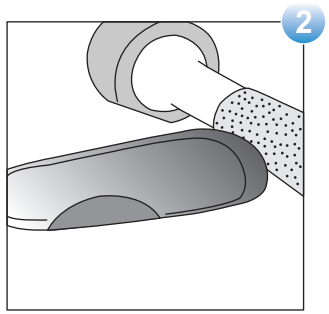


Strap with a Y-hook fastening and a 3D printed buckle

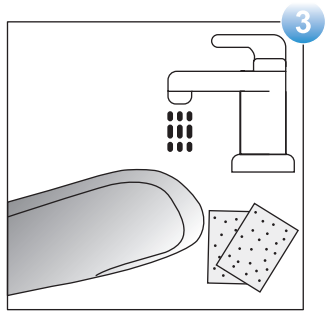
Fit orthosis in 8 simple steps



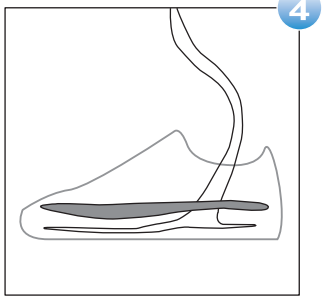
1. Mark the orthosis sole contour
The contour of the orthosis sole has to match the inner shape of the shoe sole. Then take out the insole from the shoe and mark the contour of the insole on the orthosis. When adjusting the sole length, the connection between the sole and the strut shall not get too close to the lateral malleolus.



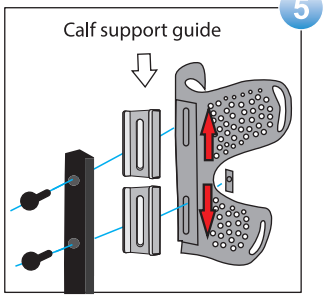
2. Grind the sole
Grind the orthosis sole until the marked contour on a grinding machine with medium grain (60) sandpaper (special scissors can also be used). When adjusting the sole width, grind the medial edge of the sole no more than is required in order that the strut would not press against the foot. If the sole requires more reduction in width, grind or cut it from both sides.



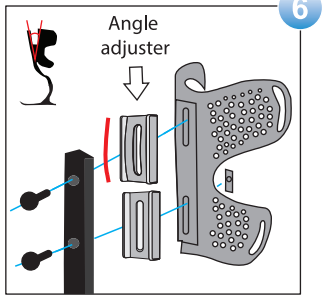
3. Make the sole edges smooth
Edges of a trimmed orthosis are sharp and can cut a shoe or cause injuries. Therefore, they should be ground and sanded smoothly under a water stream using 150 grit waterproof sandpaper.



4. 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.

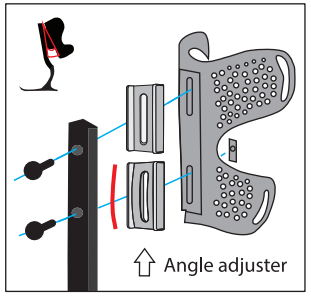


5. Adjust the height of the orthosis
Loosen up the screws keeping the height-adjustable calf support. Slide the support up or down according to the patient`s anatomy and tighten the screws. Leave the straps unattached. If the calf support still obviously is incorrect in height, consider another size of the orthosis.

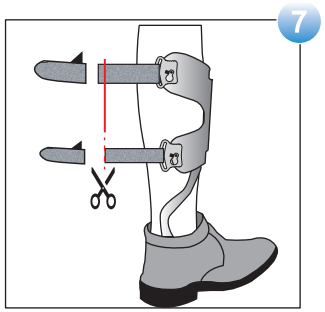


6a. Adjust the angle of the calf support
Make sure that the calf support is evenly in contact with the ventral side of the person's calf. Ask the person to stand in his/her normal anatomical position and evaluate whether the angle between the calf support and the leg should be adjusted. If a larger angle is required in the upper part, swap the upper calf support guide for the angle adjuster packed in a separate bag. Change the size of the angle by lowering down or raising up the angle adjuster.

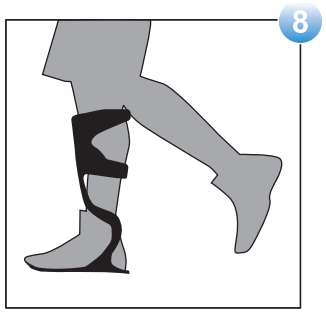
ORTHO BALTIC



6b. Adjust the angle of the calf support
If a larger angle is required in the lower part, swap the lower calf support guide with the angle adjuster and set it in the same way.



7. Fasten the orthosis
Fasten the buckles and tighten the straps with Y-hook fastenings. If needed, remove the Y-hook fastenings and adjust the strap lengths with scissors. The upper strap should be wider and the buckle should be bigger than the lower ones. Make sure the calf support is firmly secured to the person's calf and does not move independently of the orthosis.

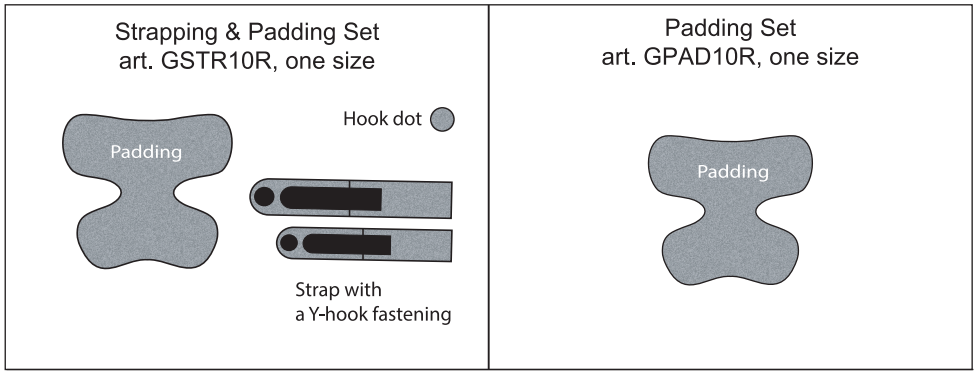


8. Test the orthosis
Ask the person to walk for 10 minutes. If he/she does not feel any discomfort or significant pressure on the calf during the 10-minute period, the adjustment procedure is complete. Otherwise, repeat the adjustment procedure from the 5th step. However, if it is still not possible to put the calf support in the correct position for the person, consider ordering an individual calf support.

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

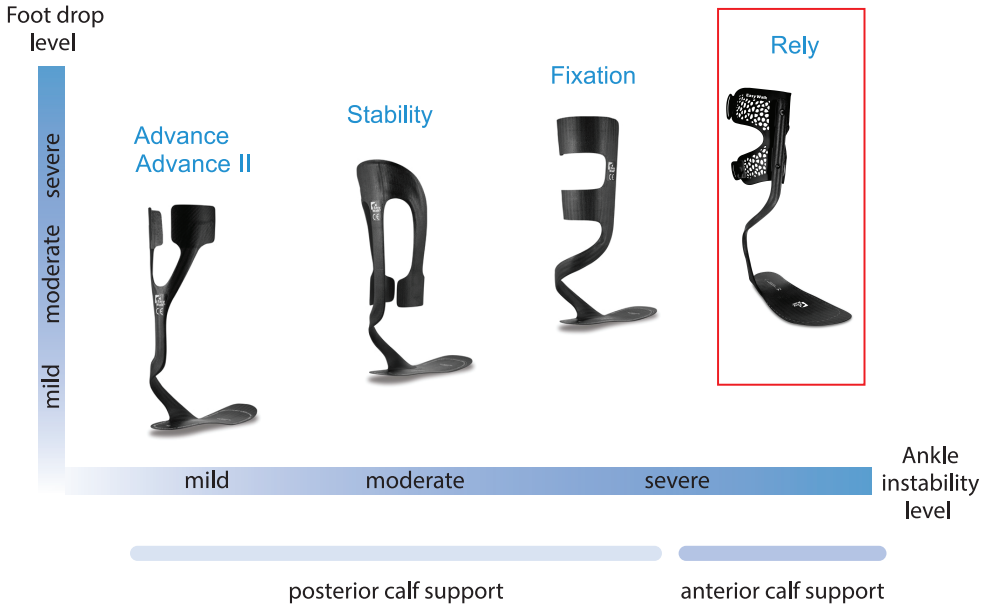


Effective: 25/10/2022
The latest revision: 01/12/2023
Version: 2

FITTING INSTRUCTION
for Easy Walk® Rely ankle-foot orthosis with a 3D printed calf support

Product

Rely (art. AFO10R) is a pre-preg carbon fibre orthosis from Easy Walk® range of footdrop ankle-foot orthoses (AFOs) developed and manufactured by Ortho Baltic.



For more information contact the manufacturer:

Ortho Baltic UAB
Taikos Ave. 131A, LT-51124
Kaunas, Lithuania
+370 37 473970
info@orthobaltic.lt
www.orthobaltic.eu

ORTHO BALTIC