

The LMB Ankle Contracture Boot

Single Patient Use Only

Rx Only

IMPORTANT INFORMATION

Please read all instructions, warnings and precautions before use.

PRECAUTIONS

These products are to be fitted initially by a healthcare professional whom is familiar with the purpose for which they are used. The healthcare professional is responsible for providing wearing instructions and precautions to other healthcare professionals, care providers involved in the patient's care, and the patient. If unusual swelling, skin discoloration or discomfort occurs, use should be discontinued and a healthcare professional consulted. Consult your medical professional immediately if you experience sensation changes, unusual reactions, swelling or prolonged pain while using this product. The **Ankle Contracture Boot** should be removed routinely and skin assessment performed to check for any redness or pressure points. If redness or pressure points are detected, adjust the boot to eliminate pressure points or discontinue wearing the boot and contact your physician or medical practitioner. Open wounds should be covered, as directed by the patient's physician, prior to use of this Ankle Contracture Boot. Make sure there is no exertion of friction or unwanted pressure on the patient's skin or covered wounds while wearing the Ankle Contracture Boot.

INTENDED USE

This product is intended to gently place the foot into a neutral or dorsi-flexed position. It is intended to help alleviate pressure on the heel. The padded anti-rotation bar helps prevent external or internal rotation of the foot. The padded toe piece assists in keeping linen off of the toes to prevent possible pressure sores. It is intended to help prevent hip rotation when two **Ankle Contracture Boots** and the hip abduction bar are utilized. With the Boot Sole attached, the **Ankle Contracture Boot** may be used for transfers and light gait training. Do not walk in

this boot outside of the parameters defined below.

Transfers: Change of position from one surface to another, i.e. bed to chair, bed to wheelchair, bed to bedside commode.

Light gait training: To train the patient with standby assistance and if prescribed, a cane, walker or crutches for distances determined appropriate by the physician or clinician.

INDICATIONS

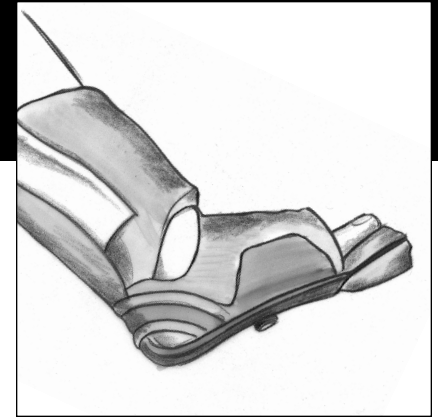
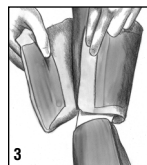
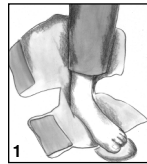
Hip rotation and drop foot.

CONTRAINDICATIONS

Not recommended for severe plantar flexion contractures, severe spasticity or thrombosis.

INSTRUCTIONS FOR USE

1. Open all hook and loop closures on the Boot. Flex the knee to approximately 45°. Place the foot into the boot. Make sure the sole of the foot is resting on the bottom of the boot, and the calf of the leg is resting on the calf portion of the boot. **Note:** The heel should not come in contact with the frame, but should be "floating" in the boot.
2. Wrap the left side of the foot cuff over the instep. Wrap the right side of the foot cuff over the top of the right, and secure with the hook and loop.
3. Wrap the left side of the calf cuff across the calf. Wrap the right side of the cuff over the top of the left and secure with the hook and loop.



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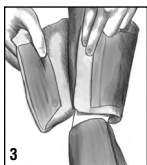
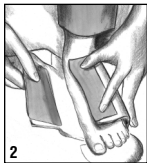
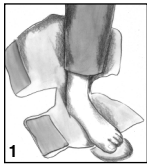
Hip rotation and drop foot.

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INSTRUCTIONS FOR USE

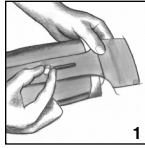
1. Open all hook and loop closures on the Boot. Flex the knee to approximately 45°. Place the foot into the boot. Make sure the sole of the foot is resting on the bottom of the boot, and the calf of the leg is resting on the calf portion of the boot. **Note:** The heel should not come in contact with the frame, but should be "floating" in the boot.
2. Wrap the left side of the foot cuff over the instep. Wrap the right side of the foot cuff over the top of the right, and secure with the hook and loop.
3. Wrap the left side of the calf cuff across the calf. Wrap the right side of the cuff over the top of the left and secure with the hook and loop.





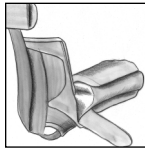
Adjusting the toe piece

Adjust the length of the toe piece by loosening the thumb knob on the under side of the sole. Position the toe piece to the desired length, and retighten the knob. The toe piece can also be adjusted to either side of the foot, to prevent pressure sores in those areas. **NOTE:** The thumb knob does not detach from the Boot.



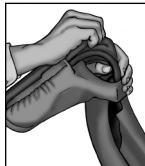
Adjusting the Anti-rotation Bar

Rotate the bar clock-wise or counter clock-wise to the desired position. This will assist in the prevention of inversion or eversion.

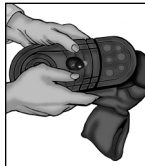


Attaching and Removing the Boot Sole

To apply, place the Boot Sole on bottom of the frame, aligning the hole in the sole with the thumb knob. With thumbs on either side of the hole, push the sole down and toward the heel. The thumb knob will slide to the back of the slot on the sole. Push down on the sole at the heel until it locks into place. To remove,



position the fingers between the sole and the frame at the heel. Push the heel of the hand against the sole while pulling the sole away from the frame with the fingers until it unsnaps. Slide the sole toward the toes until the thumb knob is even with the hole, and remove.



LINER OPTIONS

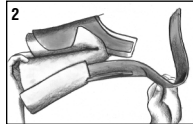
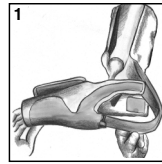
The single piece Vel-foam liner comfortably wraps around the foot and ankle, and allows airflow. Hook and loop closures make donning and doffing of the boot easy.

The single piece **1" Fleece** liner offers maximum comfort for the patient. This is especially important for patients with a tendency of skin shear. Hook and loop closures allow for easy donning and doffing of the boot.

Each **Ankle Contracture Boot** is supplied with a mesh laundry bag. The liners can be machine washed and dried.

REPLACING LINERS

1. To remove the liners, pull the toe and anti-rotation bar covers off. Unfasten the hook and loop closure at the back of the heel and pull the foot cuff forward off the plastic frame.
2. Pull the calf portion of the liner up and off of the frame.
3. To apply the liners, slide the calf of the frame into the calf pocket of the liner. Slide the foot of the frame into the foot pocket of the liner. Secure the hook and loop closure at the back of the heel. Slide the covers over the anti-rotation bar and toe piece.



SIZING

| Measure circumference | calf | foot |
|-----------------------|-----------|-----------|
| B | 10" – 14" | 7" – 9" |
| C | 14" – 16" | 9" – 11" |
| D | 16" – 21" | 11" – 13" |
| E | 16" – 21" | 13" + |

OPTIONS

| | |
|---------------------|-----------|
| Hip Abduction Bar | 4300/05AB |
| Boot Sole | 4300/05WK |
| Fleece Softgoods | 4305K |
| Vel-foam™ Softgoods | 4300K |

WASHING INSTRUCTIONS

Remove all liner pieces and fasten all hook and loop closures. Place in mesh laundry bag. Machine wash with mild detergent and warm water. Use no bleach. Rinse and tumble dry. Liners can be washed but not sterilized. **Single Patient Use Only.**



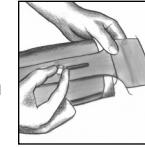
Manufacturer
DeRoyal
200 DeBusk Lane, Powell, TN 37849 U.S.A.
888.938.7828

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Part #1-4300/05
Revision 09 Revised 8/06
Patent Pending



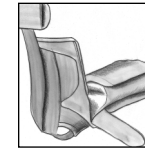
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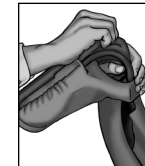
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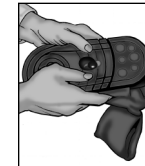


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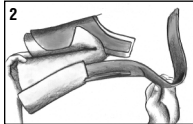
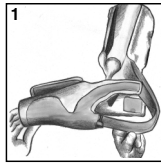
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Part #1-4300/05
Revision 09 Revised 8/06
Patent Pending