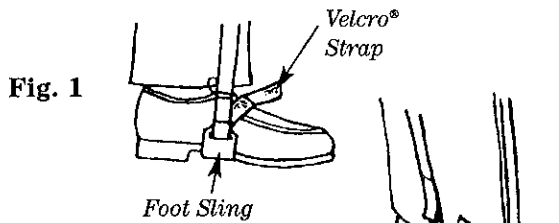


# Lema Strap



## Instructions

**Figure 1** Position footsling under arch and behind ball of the foot. Close Velcro® strap to keep sling in position.

**Figure 2** Adjust Velcro strap for vertical length so that anterior tibial strap is at the level of the patellar tendon.

**Figure 3** Secure belt around waist with elastic strap centered over thigh of affected side.

**Figure 4** Attach thigh strap to elastic strap from waist belt. Allow 2 to 3 inches of stretch to the elastic.

**Figure 5** Fasten posterior calf strap so that vertical side straps are slightly anterior to midline of leg.

**Figure 6** Walk patient to make definitive adjustments. If more ankle dorsiflexion is desired, move foot sling slightly anterior.

For more knee extension effect the posterior calf strap should be loosened to allow the vertical side straps to move forward.

Tighten posterior calf strap to minimize knee extension effect.

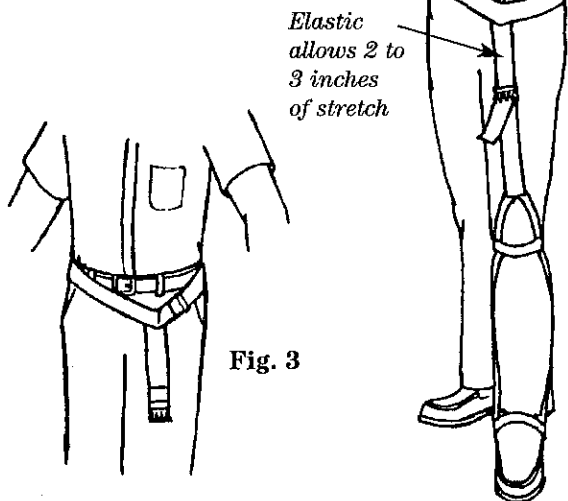
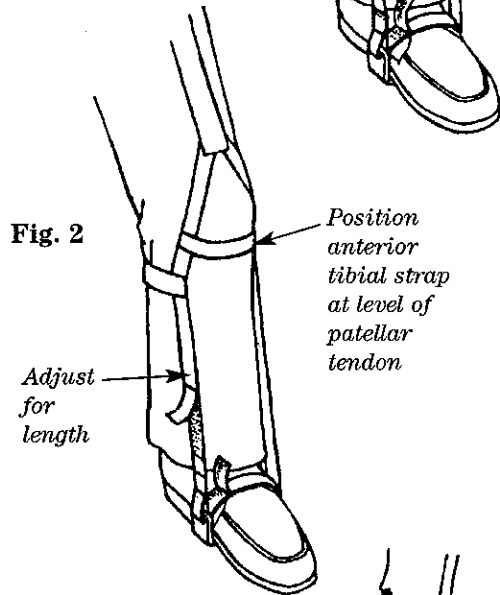


Fig. 4

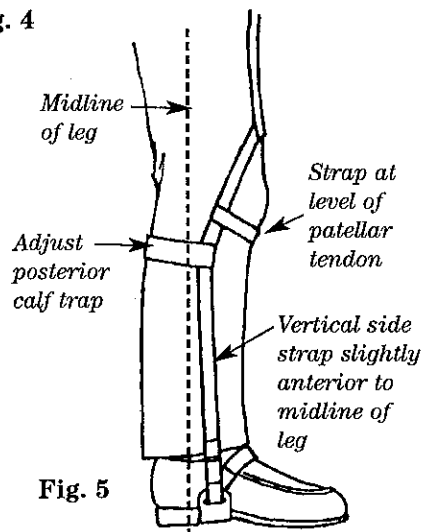


Fig. 5

