



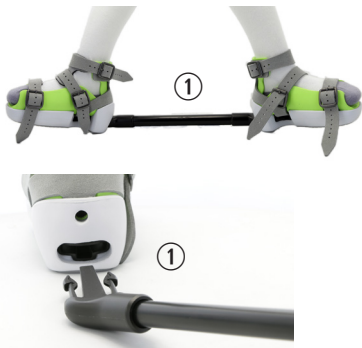
## Instructions for Use

### ADM Ankle Foot Orthosis

#### ① ② Intended Use / Contraindications

Ankle Foot Orthosis for prevention of Clubfoot relapse. Use only with External Rotation Bars ① or Abduction Dorsiflexion Mechanisms ②. Do not use on uncorrected or relapsed clubfeet. If in doubt consult your clinician.

##### External Rotation Bar ①



##### Abduction Dorsiflexion Mechanism ②



#### ③ Warnings and Precautions

Class 1 Medical Device. For corrected clubfoot only. For use as a night-time and sleep time device only. Do not permit patient to walk, run, jump or play when using the device. Use correct size and configuration as directed by your clinician. In case of patient intolerance or continued discomfort remove device and consult your clinician. Do not use if damaged. Device is not sterile and supplied for use by the original end user only. The device may be returned to C-Pro Direct for safe disposal or disposed / recycled as other household items. Store between 2 degree and 22 degree Centigrade. Keep out of direct sunlight, clean and dry.



📍 C-Pro Direct Ltd, Edenbridge, Kent, United Kingdom

📍 C-Pro Direct Ireland Limited, Dublin, Ireland



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## 1 Check contents of box



1a. Pair of AFOs or single AFO

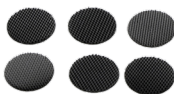
1b. Two Tongue Kits per AFO  
(includes a spare)

1c. Heel Position Gauge



1b

Main Tongue



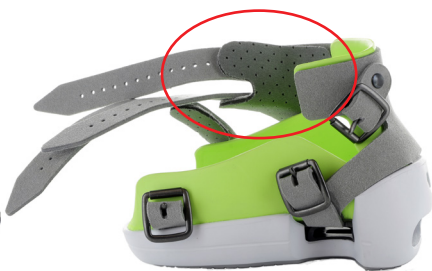
Peel & Stick  
"coins"



Toe Tongue(s)

## 2 Fit Tongues to AFO (initial fitting only)

Fit tongues only if required. Tongues may provide extra protection against skin redness. Once fitted tongues will stay in place as shown



**2a**



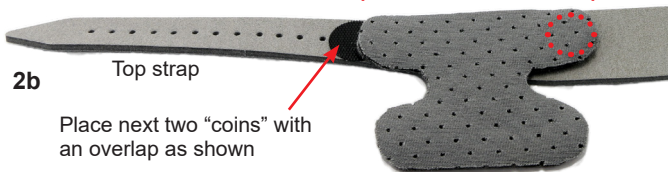
**2a.** Attach two “coins” to the straps. Place “coins” close to the green liner.



Peel & Stick “coins”. Press firmly

**2b.** Attach next two “coins” to the straps

Main Tongue

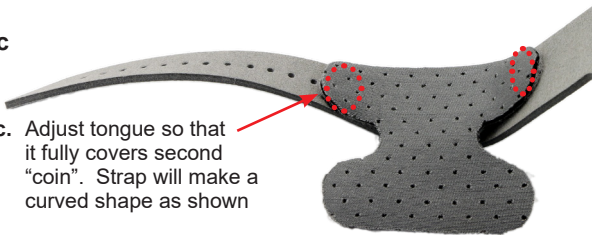


**2b**

Place next two “coins” with an overlap as shown

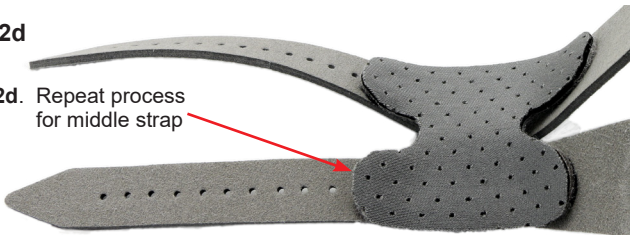
**2c**

**2c.** Adjust tongue so that it fully covers second “coin”. Strap will make a curved shape as shown



**2d**

**2d.** Repeat process for middle strap



**2e.** Attach toe tongue if required using one or two “coins”

### 3 Fit sandal to patient

3a



3b



3c



**3a.** Place foot into sandal. Ensure heel is as far back as possible. Secure middle strap firmly

**3b.** Secure top strap

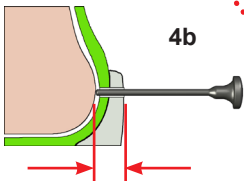
**3c.** Secure toe strap(s)

### 4 Confirming Heel Position

**4a.** If concerned that heel is not correctly positioned use Heel Position Gauge

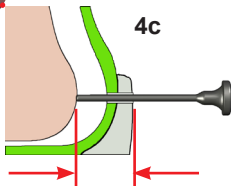


4b



**4b.** Heel fully back. Best position

4c



**4c.** Gap between heel and liner. Check with your clinician