

# Ankle Contracture Boot application guide

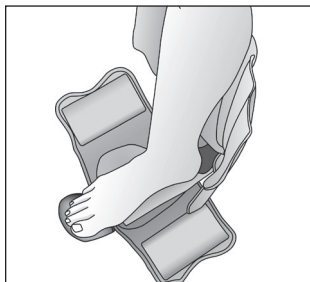


DeRoyal's Ankle Contracture Boot is a soft, comfortable static ankle orthosis used for positioning and pressure reduction.

## Application Instructions

### STEP 1:

Flex knee to approximately 45° and place foot into boot. Make sure sole of foot is resting on bottom of boot, and calf of leg is resting on the calf portion of boot.



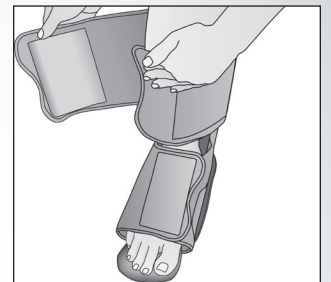
### STEP 2:

Wrap left side of foot cuff over instep. Wrap right side of foot cuff over top of left and secure hook and loop closure.



### STEP 3:

Wrap left side of calf cuff across calf. Wrap right side of calf cuff over top of left and secure hook and loop closure.



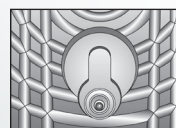
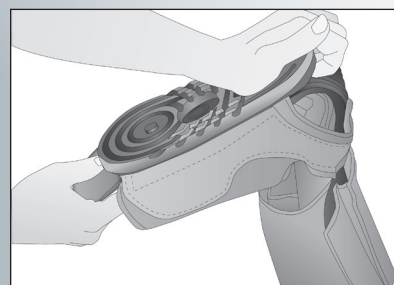
**NOTE:** Ensure heel does not come into contact with boot frame. Heel should "float" in the boot.

## Adjustments

### ATTACHING AND REMOVING BOOT SOLE:

**To remove:** Position fingers between sole and frame at heel. Push heel of hand against sole while pulling sole away from frame with fingers until it unsnaps. Slide sole toward toe until thumb knob is even with hole (in unlocked position) and remove.

**To apply:** Place boot sole on bottom of frame, aligning the hole in sole with thumb knob. With thumbs on either side of hole, push sole down and toward heel (the thumb knob will slide to the back of slot on sole and lock into position). Push down on sole at heel until it locks into place.



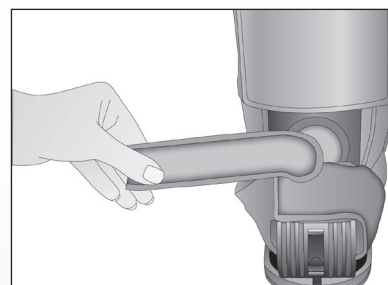
Unlocked



Locked

### ANTI-ROTATION BAR:

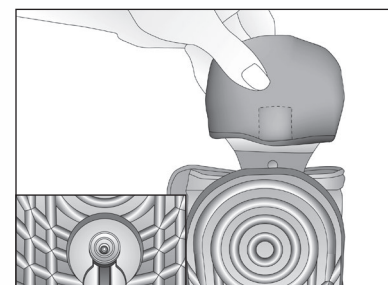
Rotate bar clock-wise or counter clock-wise to desired position. This will assist in the prevention of inversion or eversion.



### TOE PIECE:

Adjust length of toe piece by loosening thumb knob on underside of sole (Fig. 1). Position toe piece to the desired length, and retighten knob.

**NOTE:** The toe piece can also be adjusted to either side of foot to prevent pressure sores.



**NOTE:** Thumb knob does not detach from boot.

### REPLACING LINER:

**To remove:** Pull toe and anti-rotation bar covers off. Unfasten hook and loop closure at back of heel and pull foot cuff forward off the plastic frame. Pull calf portion of liner up and off frame.

**To apply:** Slide calf of frame into calf pocket of liner. Slide foot of frame into foot pocket of liner. Secure hook and loop closure at back of heel. Slide covers over anti-rotation bar and toe piece.

## Sizing

Measure calf circumference 8" up from bottom of heel and foot circumference around the widest part of foot.

**NOTE:** Use the larger of the two measurements to determine the appropriate size.

| Size | Calf      | Foot      |
|------|-----------|-----------|
| A*   | 8" - 12"  | 6" - 8"   |
| B    | 10" - 14" | 7" - 9"   |
| C    | 14" - 16" | 9" - 11"  |
| D    | 16" - 21" | 11" - 13" |
| E    | 16" - 21" | 13" +     |

\* Size A available in 4301 style only

### 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. **DO NOT** use bleach. Rinse and tumble dry. Liners can be washed but not sterilized.

\* Refer to full instructions for use precautions.

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