

# allard<sub>INT</sub>

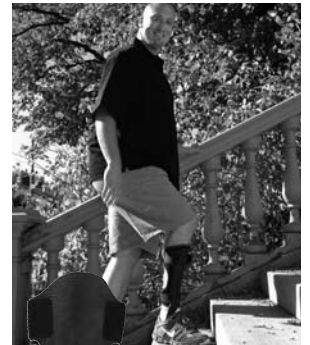
## INSTRUCTIONS



YPSILON™



ToeOFF®



BLUEROCKER™

# USER

[www.allardint.com](http://www.allardint.com)

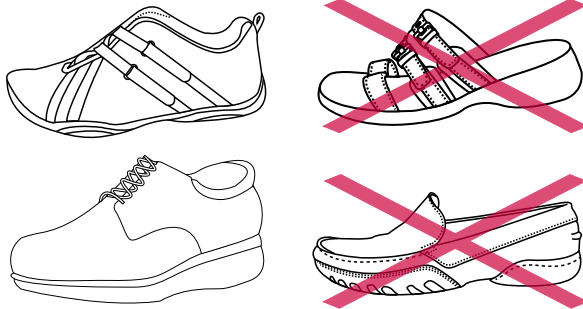
**Patent no.:**

ToeOFF, ToeOFF Short, ToeOFF Fantasy, ToeOFF NFR, BlueRocker, BlueRocker NFR, KiddieGAIT, KiddieGAIT NFRAU736950, BE1005297, BE1114626, DK1005297, DK1114626, FI1005297, FI1114626, FR1005297, FR1114626, IE1005297, IE1114626, IT1005297, IT1114626, CA2279225, CNZL97181689.1, NL1005297, NL1114626, NO313656, PL194247, CH1005297, CH1114626, ES1005297, ES1114626, GB1005297, GB1114626, SE1005297, SE1114626, DE69709184.8-08 DE69732541.5-08, US5897515, ATE210417, ATE289187  
Ypsilon, Ypsilon NFR GE60208889.5-08, GB1379201, IT1379201, US6887213

## CAREFULLY READ THIS INSTRUCTION SHEET BEFORE USE!

Your Orthotist has selected a ToeOFF Family Product, the original and highest quality carbon composite AFOs available, to meet your specific needs. Carbon composites offer durability and decreased weight and bulk as compared to traditional braces. The unique characteristics of this material requires careful attention to maintain the life of the brace. Failure to follow the enclosed guidelines may result in decreased function or damage to the orthosis and may void the warranty.

### SHOES AND SOCKS



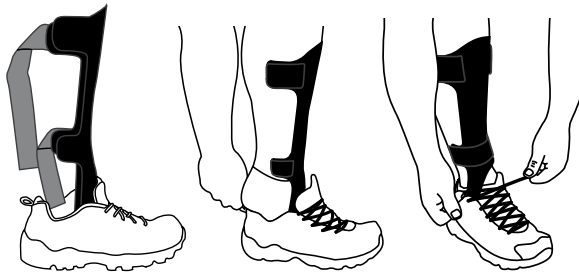
The thinness of the carbon composites allows the brace to fit into most standard shoes without having to increase shoe size. However, a shoe with good support is important. Sandals and loafers, for example, do not offer good support and should not be worn with your ToeOFF family product.

A shoe that provides good support to the sides of your foot and the heel will hold your brace in proper position to provide the best possible support for your foot and ankle. A rocker toe will assist in a smooth rollover as you walk. Your orthotist fit your brace based on the height of the heel on the shoe you were wearing at the time of your fitting. Talk with your orthotist before selecting shoes that have significantly different heel heights.

It is recommended to have some type of interface between your foot and the footplate. Your orthotist may have placed an insole or custom footbed on top of the footplate. If not, ask your orthotist for recommendation of what type interface will be best for you.

Each ToeOFF and BlueRocker should have an interface between the front of the brace and the leg. Tall cotton socks are suggested for increased comfort. They also keep the brace padding protected from perspiration and soiling.

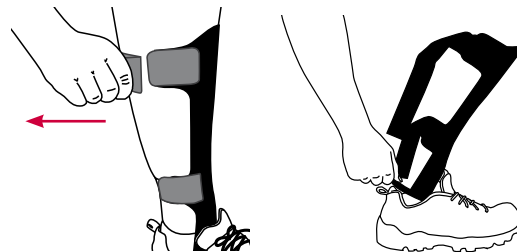
### PUTTING ON YOUR BRACE



Place your brace into the shoe

Slide your foot into the shoe. If shoe has shoestrings – tie snugly. Secure the straps on the brace around your leg.

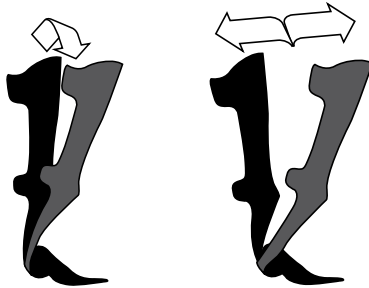
### REMOVING YOUR BRACE



Pull from front to back to release the straps.

Slide hand under brace and pull up to remove from shoe.

## ACTIVITIES OF DAILY LIVING



Normal

Excessive

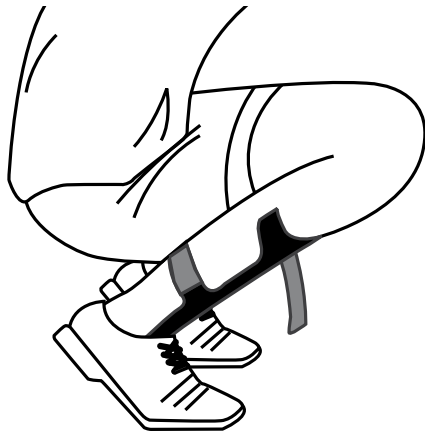
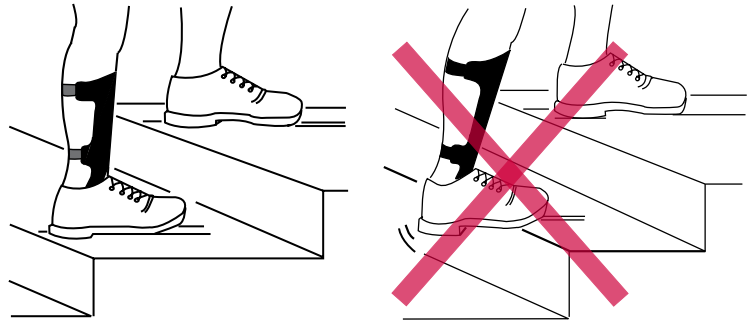
Your brace is designed to allow range of motion movements of normal walking. Excessive bending forward or backward may accelerate wear and tear of your brace.

### STAIRS

Place entire foot on step, rather than just the ball of the foot.

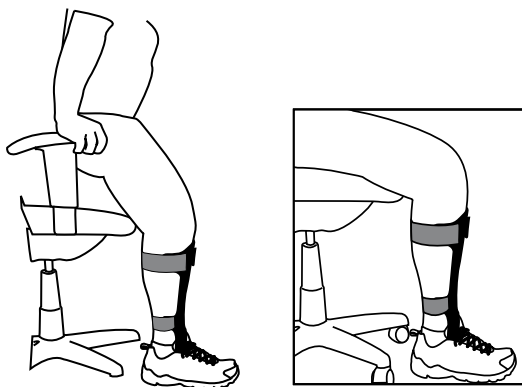
### LADDERS

Place center of foot on ladder rung to minimize weight bearing on ball of foot alone.



### SQUATTING

Keep to a minimum. When absolutely necessary, loosen the top strap of your brace prior to squatting down – this will reduce some of the stress on the brace.



### SIT TO STAND

Feet should be placed flat on floor prior to transitioning to an upright position. Use chair arms to help push to stand or pull on stationary item for assistance. Similar transitioning should take place from any seated location, including car, chair or toilet.

### ADAPTING TO YOUR NEW ORTHOSIS

Like a new pair of shoes, orthoses have a break-in period. Follow your orthotist recommendations for becoming accustomed to your new orthosis.

### DRIVING

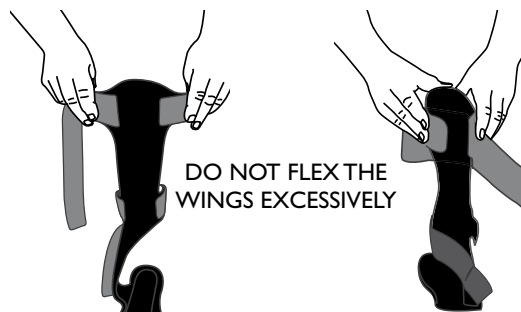
Consult your physician or therapist regarding any driving limitations.

### SKIN MONITORING

Check the condition of your lower leg and foot daily, especially if you are suffering from great loss of sensibility on your lower leg. Consult your physician or orthotist immediately in the case of skin irritation or discoloration.

### CARING FOR YOUR BRACE

The wings are made flexible for your comfort. However, they will break if repeatedly flexed back and forth.



### STORAGE

Take care not to leave your brace laying down to reduce possibility of someone stepping on or sitting on it. Do not expose your brace to temperature extremes. (Don't store in the car trunk on summer days or leave outdoors during freezing nights).

### MAINTENANCE

Inspect your brace daily. Report any signs of wear to your orthotist.

### CLEANING

It is recommended to wash liners and straps approximately twice per week. Follow washing instruction on liner. This product is not flame retardant. Extra sets of straps / padding may be purchased from your Orthotist in order to decrease laundering frequency. The brace can be gently cleaned with mild soap and water.

*Your ToeOFF®, Ypsilon™, or BlueRocker™ was fitted by:*

Manufactured by:  
Camp Scandinavia AB, Karbingatan 38  
SE-254 67 Helsingborg, Sweden  
Phone +46 42 25 27 01

