

PLEASE READ BEFORE USING A DORSI-LITE™ FOR THE FIRST TIME!

The DORSI-LITE™ Foot Splint ankle foot orthosis (AFO) provides dorsiflexion support, and stabilization for the foot, and helps maintain the foot in a neutral position while at rest. This device is used only for activities where SHOES ARE NOT WORN (eg: moving about at home, or resting, or sleeping, while sitting, and when travelling). The DORSI-LITE™ is water-compatible, for bathing, showering, swimming and hydrotherapy. This device fits either foot, sizes 5 - 14. THE DORSI-LITE™ SHOULD NOT BE USED FOR VIGOROUS ACTIVITIES, SHOULD NOT BE USED WITH SHOES, AND IS NOT FOR OUTDOOR USE. Performing deep knee bends or squats may cause the plastic spine to break. If pulmonary or circulation problems, or ANY medical condition, other than footdrop, exists, get a physician's or therapist's approval prior to using this device.

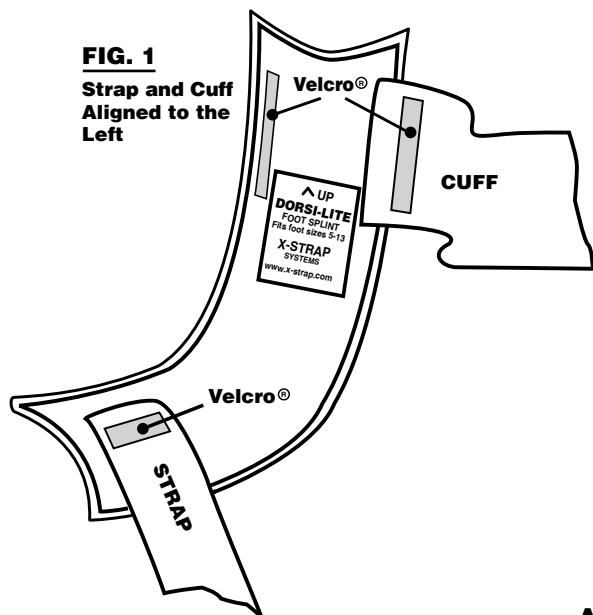
To apply the Dorsi-Lite with only one arm, please see the enclosed instructions sheet.

If you have any other product-related questions, please call us at (914) 968-3381.

MAKING THE DORSI-LITE™ MOST CONVENIENT TO USE

NOTE: Left and right sides, as discussed below, are based on user's perspective when applying the DORSI-LITE™.

FIG. 1
Strap and Cuff
Aligned to the
Left



Using Velcro®, the DORSI-LITE's™ STRAP and CUFF can be connected to the left side of the spine for closure on the left, or to the right side, for closure on the right.

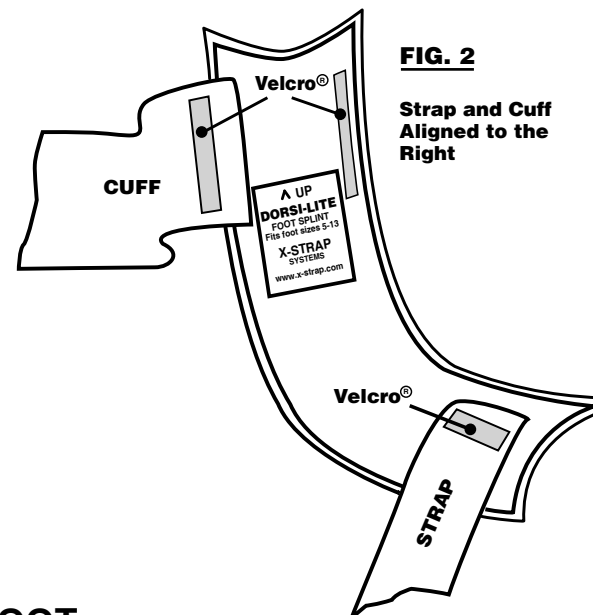
For the left leg, the strap and cuff are normally aligned to the left, as in Fig. 1, at the left.

For the right leg, the strap and cuff are normally aligned to the right, as in Fig. 2, at the right.

You can easily switch configurations, as described in "ATTACHING FABRIC COMPONENTS TO THE PLASTIC SPINE", on the other side.

FIG. 2

Strap and Cuff
Aligned to the
Right



APPLYING THE DORSI-LITE™ TO YOUR FOOT

Figs. 3 & 4 demonstrate the DORSI-LITE™ with cuff and strap aligned to the left, providing strap closure on the left side.

1. Sit down, and put a sock on that reaches at least 5" above the top of the ankle bones. Fully open the cuff and the strap to expose the front of the plastic spine. **As shown in Fig. 3**, hold the DORSI-LITE™, cuff up, strap down, and center it over the top of the foot and against the front of the ankle.
2. Holding the DORSI-LITE™ against your leg, elevate your foot slightly, and wrap the STRAP under and around the forward part of your foot (behind the toes). Continue wrapping the strap around until it wraps over the starting point, so that it locks onto the Velcro® strip that is sewn to the strap. **See Fig. 4.**
NOTE: Make the strap only slightly snug. NEVER MAKE THE STRAP TIGHT!
3. Put your foot down, and center the DORSI-LITE™ again. Slightly stretch, then wrap the CUFF around the back of the leg, and lock it onto the 4-inch Velcro® strip at the front of the spine. Continue wrapping the cuff across the front, until it locks onto the Velcro® strip sewn to the side of the cuff. **See Fig. 4.**
NOTE: Make the cuff only slightly snug. NEVER MAKE THE CUFF TIGHT!
4. **TEST FOR SUPPORT** With the strap and cuff applied, stand up and take a few steps to test this setting. To adjust the support level, sit down and re-apply the strap or the cuff, or both, then test the fit again. Repeat until satisfied.
NOTE: once the strap has been applied properly around the foot, additional adjustments are normally made by adjusting the fit of the cuff.
5. **IF THIS IS A NEW DORSI-LITE™, TRIM THE STRAP AND THE CUFF**
The strap and cuff are made long enough to fit large sizes. Most users of a new DORSI-LITE™ should trim the excess material away, as follows.

First put the DORSI-LITE™ on, and ensure a good fit, then:

- a. **TO SHORTEN THE STRAP**, use scissors to cut off extra strap material, **keeping 1-2 inches of excess material beyond the point where the strap contacts the Velcro® strip for closure.**
- b. **TO SHORTEN THE CUFF**, use a piece of tape to mark the line where the cuff locks to the Velcro® strip that is sewn to the cuff. Take the DORSI-LITE™ off, **leaving the other end of the cuff attached to the spine.** With scissors, carefully trim the cuff, making the cuff 1-2 inches LONGER than indicated by the tape.

THE DORSI-LITE™ IS NOW READY FOR USE.

- ♦ ADJUST THE DORSI-LITE™'s STRAP OR CUFF WHENEVER NECESSARY FOR SUPPORT AND COMFORT.
- ♦ TO MAKE IT EASIER TO RE-APPLY THE DORSI-LITE™, DO NOT OPEN THE LOWER STRAP WHEN TAKING IT OFF.
- ♦ TEST SUPPORT WHENEVER PUTTING THE DORSI-LITE™ ON, AND AFTER ADJUSTING STRAP OR CUFF.
- ♦ THE DORSI-LITE™ MAY BE USED WITH SOFT, ROOMY SLIPPERS, BUT NOT WITH SHOES.
- ♦ FOR MAXIMUM COMFORT, LOOSEN CUFF/STRAP WHEN OFF YOUR FEET FOR EXTENDED PERIODS.
- ♦ FOR MAXIMUM SUPPORT, USE THE SUPER-STRAP WITH YOUR DORSI-LITE™.
- ♦ TO GET THE MOST FROM YOUR DORSI-LITE™, PLEASE READ "SAFETY, COMFORT AND CARE".

FIG. 3

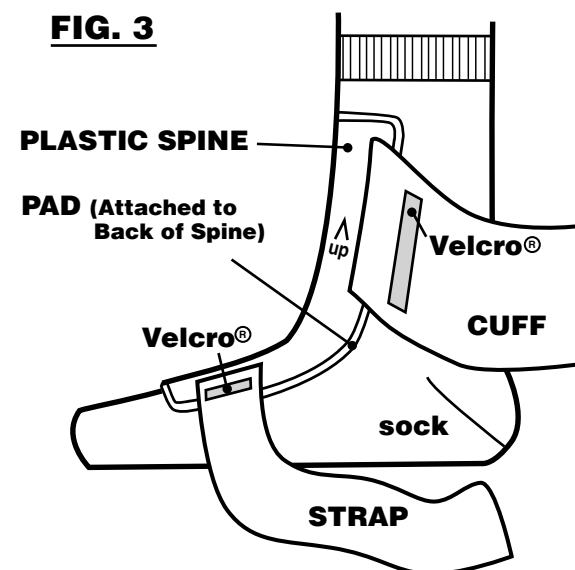
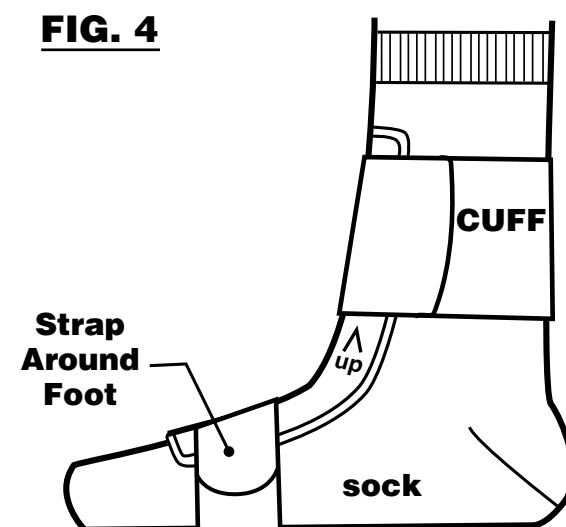


FIG. 4



X-STRAP® DORSI-LITE™ FOOT SPLINT, AFO

EASY STEP-BY-STEP DIRECTIONS FOR ATTACHING FABRIC COMPONENTS TO THE PLASTIC SPINE

For the left leg, the strap and cuff are normally aligned to the left, as in fig. 1, (on the other side).
For the right leg, the strap and cuff are normally aligned to the right, as in fig. 2, (on the other side).

YOU CAN EASILY SWITCH FROM LEFT TO RIGHT, FOR ANY REASON, IN SECONDS!

REMEMBER: - THE ^UP ARROW ON THE PLASTIC SPINE INDICATES THE TOP AND FRONT OF THE DORSI-LITE™.
- ALL CONNECTIONS BETWEEN THE PLASTIC SPINE AND THE FABRIC COMPONENTS ARE MADE WITH VELCRO®.
- THE SMOOTH NYLON SIDE OF THE FABRIC COMPONENTS ALWAYS FACES AWAY FROM THE SPINE.

TO ALIGN THE CUFF

TO ALIGN THE CUFF TO THE RIGHT

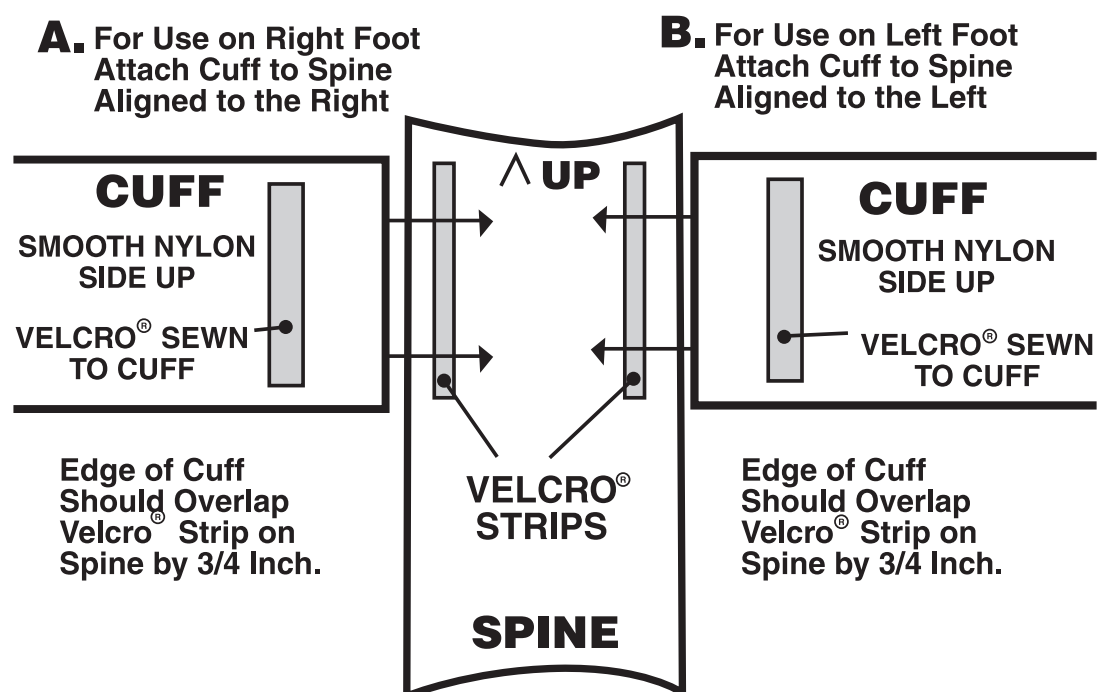
(normally for the RIGHT foot), see Fig. 5, A. Press the Velcro® side of the CUFF (the end with the Velcro® piece sewn to it) onto the Velcro® strip at the RIGHT side of the front of the spine. The edge of the cuff should overlap the spine's Velcro® strip by about 3/4 inch. The smooth nylon side of the cuff should face away from the spine.

TO ALIGN THE CUFF TO THE LEFT

(normally for the LEFT foot), see Fig. 5, B. Press the Velcro® side of the CUFF (the end with the Velcro® sewn to it) onto the Velcro® strip at the LEFT side of the front of the spine. The edge of the cuff should overlap the spine's Velcro® strip by about 3/4 inch. The smooth nylon side of the cuff should face away from the spine.

FIG. 5 Attaching the Cuff to the Spine

NOTE: Left and right sides, as discussed below, are based on user's perspective when applying the DORSI-LITE



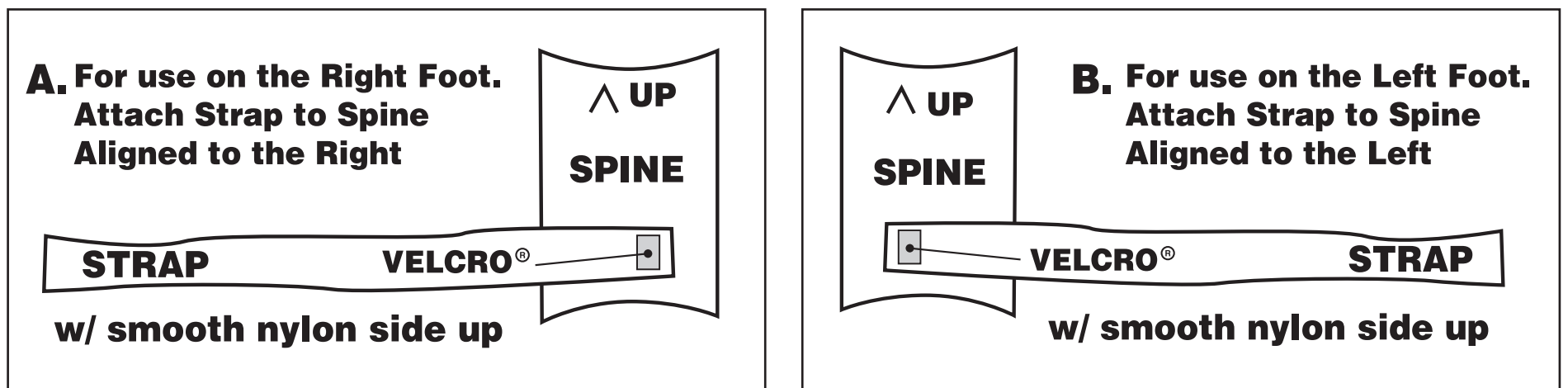
TO ALIGN THE STRAP (Stretchable Strap or Super-Strap)

TO ALIGN THE STRAP TO THE RIGHT (for the right foot), press the end of the Velcro® side of the STRAP onto the Velcro® strip at the bottom end of the spine. See Fig. 6, A. The edge of the STRAP should overlap the spine's Velcro® square completely. The smooth nylon side of the STRAP (with the Velcro® sewn to it) should face away from the spine.

TO ALIGN THE STRAP TO THE LEFT (for the left foot), press the Velcro® side of the STRAP onto the Velcro® strip at the bottom end of the spine. See Fig. 6, B. The edge of the STRAP should overlap the spine's Velcro® square completely. The smooth nylon side of the STRAP (with the Velcro® sewn to it) should face away from the spine.

FIG. 6 Attaching the Strap to the Spine

NOTE: Left and right sides, as discussed below, are based on user's perspective when applying the DORSI-LITE



TO ATTACH THE PAD

Attach the Velcro® side of the ankle PAD (this component has NO Velcro® sewn to it), to the four Velcro® pieces on the back side of the spine, stretching it slightly, and centering it horizontally and vertically on the spine. The smooth nylon side of the pad should face away from the spine. The PAD is not adjusted for left or right closure.