



DORSI-LITE™ FOOT SPLINT, AFO

USER INSTRUCTIONS

*** INTRODUCTION ***



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

The **DORSI-LITE™ Foot Splint** ankle foot orthosis (AFO) provides dorsi-flexion support, and stabilization for the foot, and helps maintain the foot in a neutral position while at rest. It can be used either with or without shoes, using your own regular size shoes. The **DORSI-LITE™** is water-compatible, for bathing, showering, swimming and hydrotherapy. This device fits either foot, sizes 5 - 13 (US), 35 - 45 (EU).

THE DORSI-LITE™ SHOULD NOT BE USED FOR VIGOROUS ACTIVITIES.

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.

Not recommended for slip-in shoes, slip-in boots, high boots and for sandals that don't hold the bottom of the **DORSI-LITE™** securely to the instep. See Page 7 for details.

For maximum support, replace the stretchable strap at the lower end of the **DORSI-LITE™** with the Super-Strap. To maximize your experience with the **DORSI-LITE™** please read "Comfort and Care" on Page 2.

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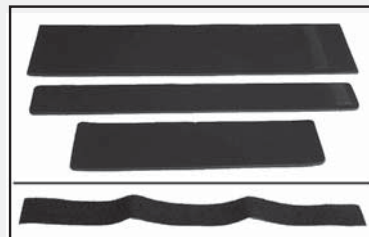
SHOULD YOU ORDER ADDITIONAL FABRIC COMPONENTS FOR YOUR DORSI-LITE™ ?

If you're planning to use your **DORSI-LITE™** regularly for BOTH dry use (sleeping, resting, moving about, working), and for water activities (bathing, showering, swimming or hydrotherapy), or if you're ready to replace the straps on your **DORSI-LITE™**, consider ordering extra fabric components.

- 2-Piece set - Cuff and Strap (these get the most wear and tear)
- 4-Piece set - Cuff, Strap, Pad and Super-Strap (replaces all the straps that come with a new **DORSI-LITE™**)

This is also an economical way to have your **DORSI-LITE™** available for dry use, while the wet fabric components are drying, without having to purchase another complete **DORSI-LITE™**.

Switching components takes only seconds, using Velcro®.



- ◀ Cuff around the ankle
- ◀ Strap around the foot
- ◀ Comfort Cushion Pad
- ◀ Super-Strap - used to replace the regular Strap around the foot for more support

COMFORT AND CARE - IMPORTANT INFORMATION

Information in the X-STRAP.COM website and in related forms, brochures and User Instructions is intended to assist potential customers in making purchase decisions when selecting our products without medical advice. The website and related publications only contain general information about products offered for sale by X-STRAP® SYSTEMS. Under no circumstances should this information be interpreted as medical diagnosis, opinion or advice, which must only be provided by licensed medical providers. A doctor's opinion should be sought prior to using any orthopedic device.

The DORSI-LITE™ Foot Splint ankle foot orthosis (AFO), provides dorsi-flexion support, and stabilization of the foot, and helps maintain the foot in a neutral position while at rest. This device is used with or without shoes, day or night. The DORSI-LITE™ is water-compatible, and may be used for bathing, swimming and hydrotherapy. The DORSI-LITE™ fits either foot, sizes 5-13 (US), 35-45 (EU).

THE DORSI-LITE™ SHOULD NOT BE USED FOR VIGOROUS ACTIVITIES. IF USED WITH SHOES, DO NOT USE THE LOWER STRAP. If pulmonary or circulation problems, or any medical condition affecting the foot/ankle, other than foot drop exists, a physician's or therapist's approval prior to using the DORSI-LITE™ is recommended.

Not recommended for slip-in shoes, slip-in boots, high boots and sandals that don't hold the bottom of the DORSI-LITE™ securely to the foot. See Page 7 "Using the DORSI-LITE™ With Sandals and Shoes That Do Not Have Lace Holes", for details.

The DORSI-LITE™ must be put on as shown in the enclosed User Instructions. Only the manufacturer's strap wrapping pattern should be used to apply the strap and cuff, which can be user-set to provide varying levels of support, and should be adjusted for a slightly snug fit, but **NOT over-tightened**. Support provided must be tested each time a strap or cuff is adjusted, as described in the enclosed instructions. The amount of continuous time the DORSI-LITE™ can be worn comfortably will vary by individual. New users of the DORSI-LITE™ should experiment to determine the best personal schedule. For maximum comfort, loosen the Cuff and/or the Strap when sitting for long periods. If discomfort occurs, adjust the Strap and Cuff for a more comfortable fit. Use of this device should be discontinued temporarily if discomfort occurs. The DORSI-LITE™ is self-centering, but may require occasional adjustment.

CARE INSTRUCTIONS

Although durable, the DORSI-LITE™ fabric components will wear over time. Periodically (weekly), the user should inspect the device components to identify and make repairs, if needed. Worn components should be replaced with new ones. Any unauthorized alteration of a DORSI-LITE™ component, or any application other than that illustrated and discussed in manufacturer's instructions is a misuse or misapplication of the device. X-STRAP® SYSTEMS, the manufacturer, will not be liable for injuries or damages from misuse or misapplication of the device.

ONLY hand-wash the DORSI-LITE's™ fabric components. Remove the fabric components from the plastic spine, squeeze gently in cold water and mild laundry detergent. To rinse, squeeze components under running cold water until detergent washes out, then squeeze to remove most moisture. DO NOT WRING. Press flat between a folded towel to remove additional moisture. Lay flat to air dry. Following use in water, remove fabric components from spine, squeeze to remove excess moisture, press flat between a folded towel to remove additional moisture. Lay flat to air dry.

THE DORSI-LITE™ WARRANTY/RETURN INSTRUCTIONS

See the enclosed REFUNDS and EXCHANGES FORM for Warranty Information, and for directions about requesting refunds and exchanges.

NO REFUND WILL BE ISSUED FOR ITEMS RETURNED AFTER THE WARRANTY PERIOD HAS ENDED. SUCH ITEMS, IF RECEIVED BY US, WILL NOT BE RETURNED. Call us at (914) 968-3381, if you have any questions.

DORSI-LITE™ HELPFUL HINTS

HINT 1 - MAKING THE DORSI-LITE™ MOST CONVENIENT TO USE

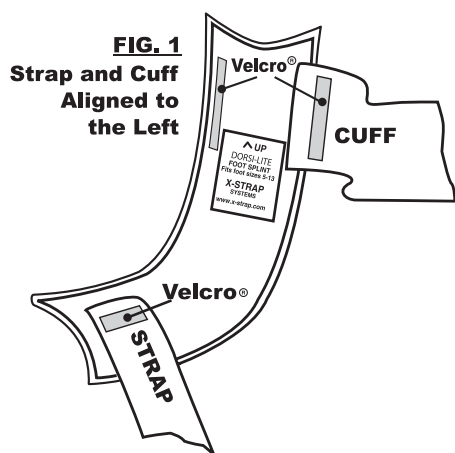
HINT 2 - NEW DORSI-LITE™, TRIM THE STRAP AND THE CUFF

HINT 3 - FOR MORE SUPPORT WHEN USING THE DORSI-LITE™ WITHOUT SHOES

HINT 4 - APPLYING THE DORSI-LITE™ USING ONE ARM (when not wearing shoes)

1. 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™.

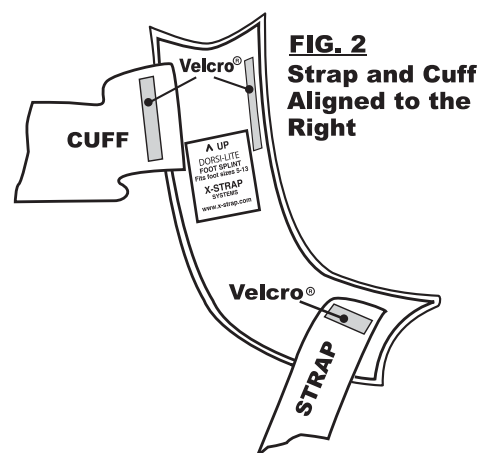


Using Velcro®, the **DORSI-LITE's™** STRAP and CUFF can be connected to the left side of the spine for closure on the left, or to the right side, for closure on the right.

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.

To switch configurations, see "ATTACHING FABRIC COMPONENTS TO THE PLASTIC SPINE", on pages 8 - 9.



2. 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, see pages 5 - 6, then:

- 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.**
NOTE: THE STRAP IS NOT USED WHEN USING THE **DORSI-LITE™** WITH SHOES.
- 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.**

DORSI-LITE™ HELPFUL HINTS (CONT'D)

3. FOR MORE SUPPORT WHEN USING THE DORSI-LITE™ WITHOUT SHOES

Replace the standard strap at the bottom end of the plastic spine with the non-stretch **SUPER-STRAP**.

4. APPLYING THE DORSI-LITE™ USING ONE ARM **(When Not Wearing Shoes)**

1. Sit in a seat that will allow you to reach your foot comfortably. With the Dorsi-Lite's™ **UP ^ label** pointing upwards, the wide Cuff is at the top, and the narrower Strap is at the bottom. Both Cuff and Strap should be open, to start.

2. At the lower end of the Dorsi-Lite™, connect the loose end of the Strap to its Velcro® strip to form a loop. Leave enough slack in the loop so you can slip your foot into it easily. Ensure that the Strap is not twisted. See Fig. 1, (A).

3. Lift your forefoot off the ground slightly, and slip the Strap loop over your toes, and continue to move the Dorsi-Lite™ back along your foot until the inside of the upper part of the plastic spine is pressed against the front of your ankle. The bottom end of the plastic spine should now be resting on the top of your foot. Seat the Dorsi-Lite™ so that it fits comfortably over the ankle and the foot, and adjust the Strap for a comfortable, snug fit.

4. Put your foot down, with the Strap under your foot, then apply the Dorsi-Lite's™ Cuff, snugly and comfortably, around your ankle, as instructed in Page 5, #3.

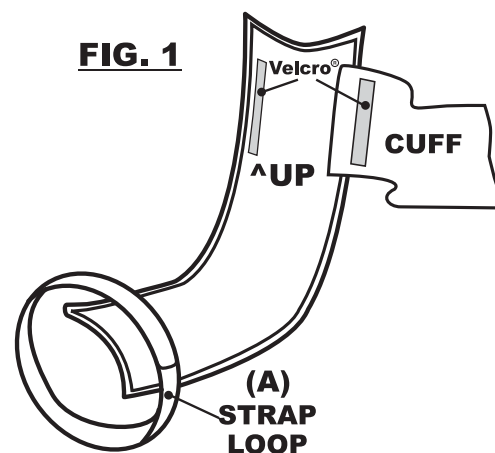
5. If wearing socks, pull your sock up and re-adjust the lower Strap to get a comfortable, snug fit.

6. **CHECK THE SUPPORT LEVEL:** When both the Cuff and the Strap have been applied, lift your foot off the ground and push your forefoot downwards slightly, then release it, to determine whether the Dorsi-Lite™ is providing sufficient support, with comfort, at this setting of the Strap and the Cuff.

7. If a change in foot support is desired, sit down, and re-adjust the tension of the Cuff and/or the Strap, and test the setting again. Repeat Steps 6 and 7 until you are satisfied with the fit.

Hint 1: Once the lower Strap has been applied comfortably around the foot, additional adjustments to the Dorsi-Lite™, if needed, are best made to the Cuff.

Hint 2: When removing the Dorsi-Lite after use, open the Cuff, but do not open the lower Strap's closure. Just slip out of it. This will make it much easier to apply the next time around.



USING THE DORSI-LITE™ WITHOUT SHOES

NOTE: FIGS. 1 & 2 DEMONSTRATE THE DORSI-LITE™ WITH CUFF AND STRAP ALIGNED TO THE LEFT, PROVIDING STRAP CLOSURE ON THE LEFT SIDE. TO LEARN MORE ABOUT ALIGNING THE CUFF AND STRAP TO EITHER SIDE, SEE PAGES 8 & 9.

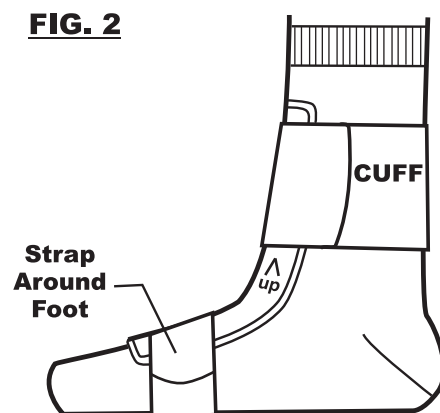
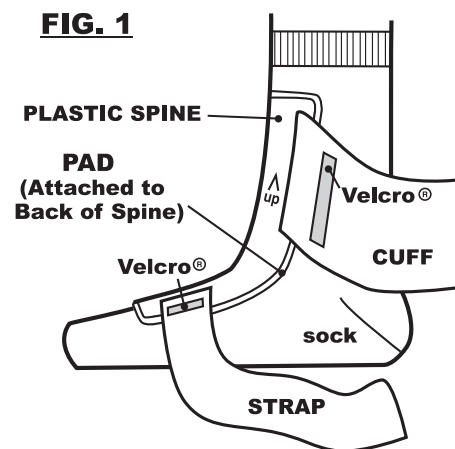
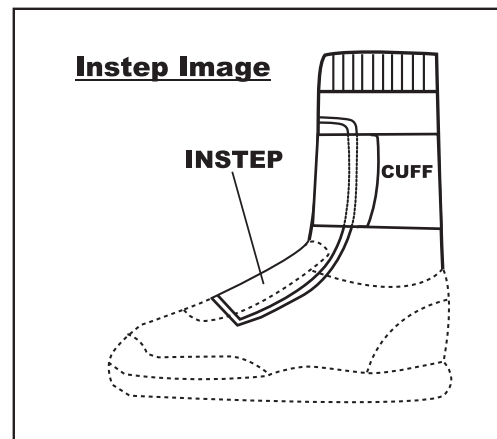
1. **Sit down** in a seat low enough to let you reach your forefoot comfortably. Fully open the Cuff and the Strap. As shown in Fig. 1, hold the **DORSI-LITE™** (cuff up, strap down, with the UP^ arrow pointing up) and center it over the top of the foot (the instep) and against the front of the ankle. See Instep Image at right.

2. Holding the **DORSI-LITE™** against your leg, elevate your foot slightly, and smoothly wrap the Strap under and around the foot (behind the toes). Continue wrapping the Strap around until it wraps over the top of the foot, so that it locks onto the Velcro® strip that is sewn to the Strap. See Fig. 2. **NOTE:** Make the Strap only slightly snug. **NEVER MAKE THE STRAP TIGHT!** Put your foot back down on the floor.

3. 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 Cuff. See Fig. 2. **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.

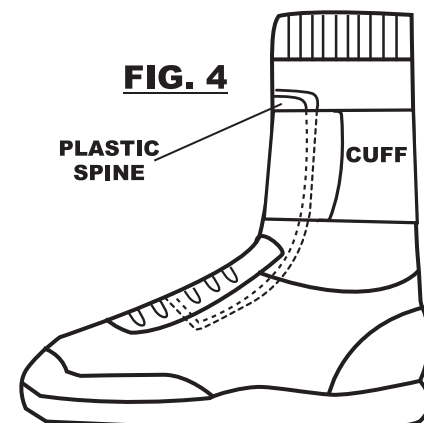
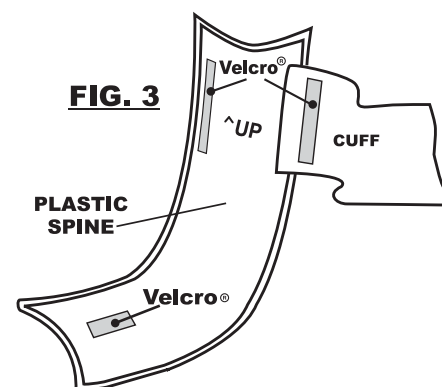
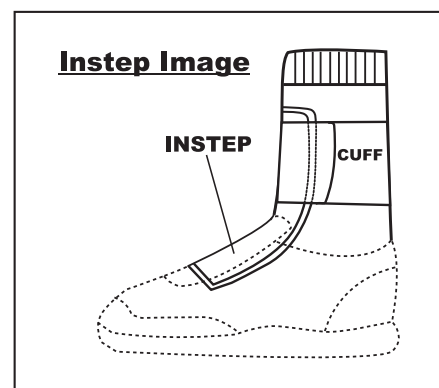
5. **FOR MAXIMUM SUPPORT**, replace the stretchable Strap, at the bottom end of the **DORSI-LITE™**, with the **SUPER-STRAP**.



USING THE DORSI-LITE™ WITH SHOES, SNEAKERS, SANDALS, OR LOW BOOTS:

- Wear your own regular shoes. No special or oversized shoes needed.
- **DO NOT USE WITH TIGHT OR SNUG SHOES, and DO NOT OVER-TIGHTEN THE SHOE.**
- The shoe that is selected for use with the DORSI-LITE™ will affect comfort! If a pressure point occurs, try a different shoe.
- Temporarily discontinue use if any discomfort, or if any other symptoms occur.
- Do not use with shoes that have heels higher than 1 1/4 inches.
- Not recommended for slip-in shoes, slip-in boots, high boots and for sandals that don't hold the bottom of the DORSI-LITE™ securely to the instep. See page 7, for details.
- The top of a boot should not be higher than 2" below the top edge of the DORSI-LITE™.

1. **Sit down** in a seat low enough to let you to reach your foot comfortably.
2. **Remove the Strap from the lower end of the DORSI-LITE™** (Velcro® connection). The Strap is too bulky to fit into the shoe with your foot. **Also open the DORSI-LITE'S™ Cuff.** **See Fig. 3.**
3. Open your shoe's laces (or straps) widely, so that entry is easy, and slip your foot into the shoe.
4. Place your foot and shoe flat on the floor, and slip the lower end of the **DORSI-LITE™** between the top of the foot (the instep) and the tongue (**or** slip it between the tongue and the shoe's laces (or straps))* . Ensure that the cushioning Pad is not wrinkled at the top of the foot. Pull the tongue up to seat the **DORSI-LITE™** comfortably against your foot and ankle, and secure the cuff comfortably around the ankle (with Velcro®). **See Fig. 4.**
5. Re-seat the **DORSI-LITE™** for maximum comfort, and lace the shoe up, (or apply the shoe's straps) as you would normally. **DO NOT OVERTIGHTEN THE SHOE!!!**
IT IS NOT NECESSARY TO MAKE THE SHOE'S LACES OR STRAPS EXTRA TIGHT TO GET GOOD SUPPORT.
6. **IF A PRESSURE POINT CAUSES DISCOMFORT, PULL THE SOCK UP AND RE-ADJUST THE CUFF, OR TRY A MORE COMFORTABLE SHOE.**



* Most people find it more comfortable to place the lower end of the Dorsi-Lite™ between the tongue and the shoelaces. However, we recommend you try both ways to see which provides you with the best combination of support and comfort, based on the design of the shoe. With shoes that have no tongue, such as sandals or shoes with strap closures, the lower end of the Dorsi-Lite™ should be placed on top of the foot and under the straps. **When using with sandals or shoes with straps, the shoes or sandals must provide enough cover over the instep to hold the DORSI-LITE™ securely.** See Page 7 for details.

USING THE DORSI-LITE™ WITH SANDALS AND WITH SHOES THAT DO NOT HAVE SHOELACES

In addition to shoes that are fitted with shoelaces, the DORSI-LITE™ can be used with many types of sandals and shoes that have strap closures. When used with a shoe or sandal, the DORSI-LITE'S™ lower Strap is not used, and the shoe becomes an integral part of the support system, providing support by holding the bottom end of the device down at the instep. See the Instep Image at the right.

NOTE: THE DORSI-LITE™ IS NOT COMPATIBLE WITH ALL TYPES OF SHOES AND SANDALS. BELOW ARE EXAMPLES OF SHOE AND SANDAL DESIGNS THAT MAY OR MAY NOT WORK WITH THE DORSI-LITE™.

REMEMBER TO TEST FOR PROPER SUPPORT EVERY TIME YOU APPLY OR ADJUST THE DORSI-LITE™.

RECOMMENDED STYLES

- Fig. A, shows an example of a shoe with straps having sufficient instep coverage to hold the DORSI-LITE™ to the instep well. THIS DESIGN IS RECOMMENDED, in addition to lace-up shoes.
- A shoe similar in design to Fig. B, with limited instep coverage, may work, but you will not know for certain until you actually try it.

NOT RECOMMENDED

- A shoe with a design similar to Fig. C cannot hold the bottom end of the DORSI-LITE™ properly, since not enough of the foot's instep is covered. The result will be not enough support.
- Fig. D, a slip-in, is not recommended since the shoe tightness cannot be controlled, possibly resulting in too little support, or, alternatively, making the fit of the shoe too tight.

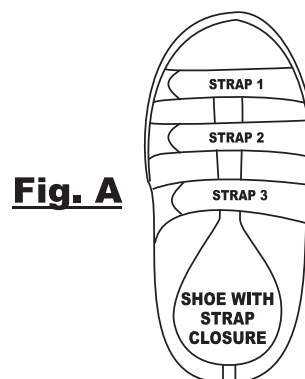
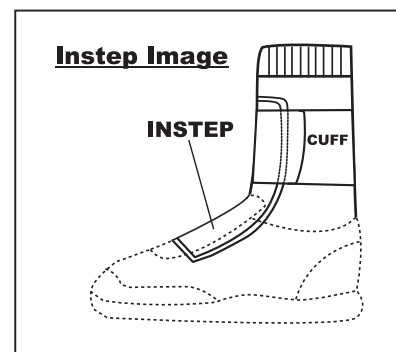


Fig. A

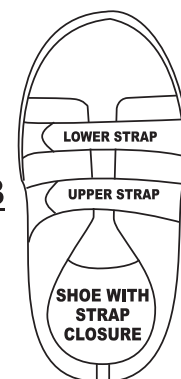


Fig. B

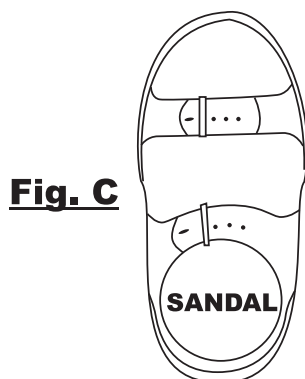


Fig. C

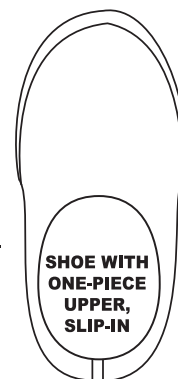


Fig. D

ATTACHING THE CUFF TO THE PLASTIC SPINE

For the right leg, the strap and cuff are normally aligned to the right, as in fig. A.

For the left leg, the strap and cuff are normally aligned to the left, as in fig. B.

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.

ATTACHING THE CUFF TO THE PLASTIC SPINE

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

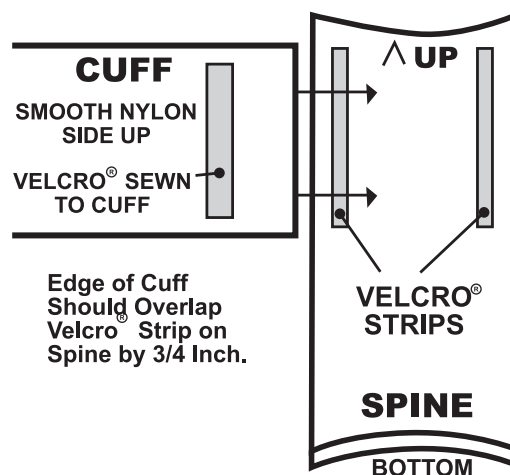
TO ALIGN THE CUFF TO THE RIGHT

(normally for the RIGHT foot),

See Fig. 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.

FIG A. For Use on Right Foot, Attach Cuff to Spine Aligned to the Right



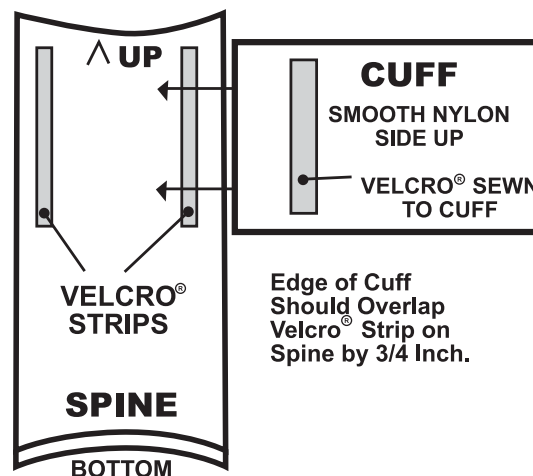
TO ALIGN THE CUFF TO THE LEFT

(normally for the LEFT foot),

See Fig. 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 B. For Use on Left Foot, Attach Cuff to Spine Aligned to the Left



ATTACHING THE STRAP AND PAD TO THE PLASTIC SPINE

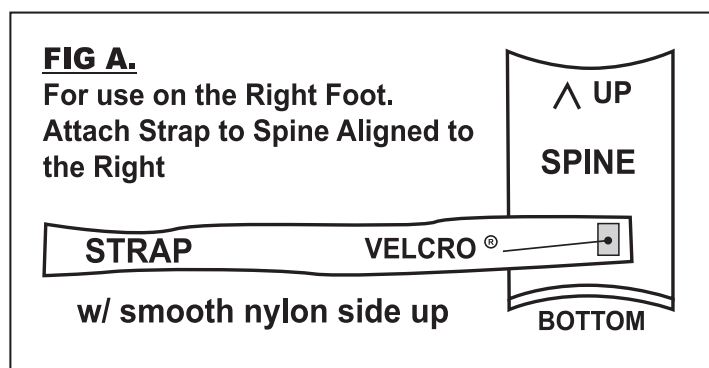
DO NOT USE A LOWER STRAP WHEN USING THE DORSI-LITE WITH ANY KIND OF SHOE OR SANDAL.

ATTACHING THE STRAP TO THE RIGHT SIDE OF THE SPINE

(Applies to both the stretchable Strap and the Super-Strap.)

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

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. A. The edge of the STRAP should overlap the spine's Velcro® square completely. The smooth nylon side of the STRAP (with the Velcro® strip sewn to it) should face away from the spine.

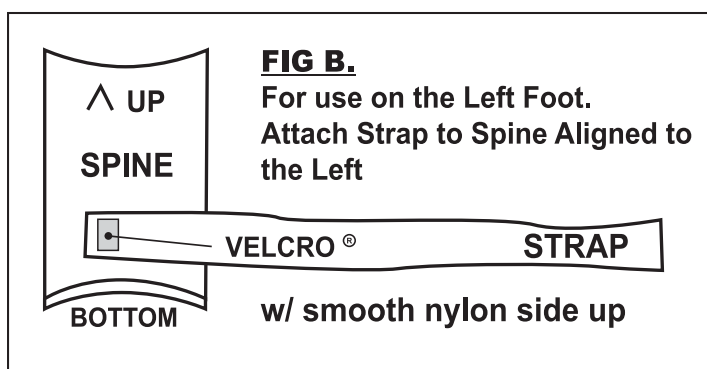


ATTACHING THE STRAP TO THE LEFT SIDE OF THE SPINE

(Applies to both the stretchable Strap and the Super-Strap.)

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

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. B. The edge of the STRAP should overlap the spine's Velcro® square completely. The smooth nylon side of the STRAP (with the Velcro® strip sewn to it) should face away from the spine.



TO ATTACH THE PAD

Attach the Velcro® side of the ankle PAD (this component has NO Velcro® strips sewn to it), to the 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.