

# CHILDREN'S SIZE DORSI-LITE™ FOOT SPLINT, AFO

**3-PIECE FABRIC COMPONENTS SET**  
with EASY STEP-BY-STEP DIRECTIONS for  
ATTACHING FABRIC COMPONENTS TO THE  
DORSI-LITE's™ PLASTIC SPINE

## IMPORTANT THINGS YOU SHOULD KNOW!

### 1. MAKING THE DORSI-LITE™ MOST CONVENIENT TO USE

Using Velcro® connections, you can attach the **DORSI-LITE's™** STRAP and CUFF to the plastic Spine so that strap closure can be at either the left or the right side, depending on which leg the **DORSI-LITE™** is worn on, or just due to personal preferences. Either approach will give you the same fit.

For **the left leg**, the Strap and Cuff are normally aligned to the left, as in Fig. 1, at right >>>>>

For **the right leg**, the Strap and Cuff are normally aligned to the right, as in Fig. 2, at right >>>>>

YOU CAN EASILY SWITCH FROM ONE CONFIGURATION TO THE OTHER, AS DESCRIBED IN "ATTACHING FABRIC COMPONENTS TO THE PLASTIC SPINE", ON THE OTHER SIDE.

### 2. NEW STRAP/CUFF? TRIM TO SIZE!

The Strap and Cuff are made long enough to fit large sizes. Excess material on new Straps and Cuffs should be trimmed away (it's quick and easy to do), as follows:

Put the **DORSI-LITE™** on, ensure a good fit, 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.**
- ▶ **TO SHORTEN THE CUFF**, use a piece of tape to mark the line where the Cuff locks with 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.

### 3. DORSI-LITE™ CARE INSTRUCTIONS

#### ONLY HAND-WASH THE FABRIC COMPONENTS.

To wash, squeeze the **DORSI-LITE's™** fabric components in cold water and laundry detergent, then squeeze components under running cold water until detergent washes out. After rinsing, squeeze to remove most moisture, **do NOT wring out.** Press the components flat between a folded towel to remove more moisture. Lay flat to air dry.

When dry, replace the strap, the Cuff, and the pad, as described in "ATTACHING FABRIC COMPONENTS TO THE PLASTIC SPINE", on the other side.

**X-STRAP SYSTEMS**  
9 Stonegate Drive  
Hyde Park, NY 12538  
PHONE: (845) 233-4713  
WEB: [www.x-strap.com](http://www.x-strap.com)

SEE OTHER SIDE FOR DIRECTIONS ON  
ATTACHING FABRIC COMPONENTS TO THE PLASTIC SPINE

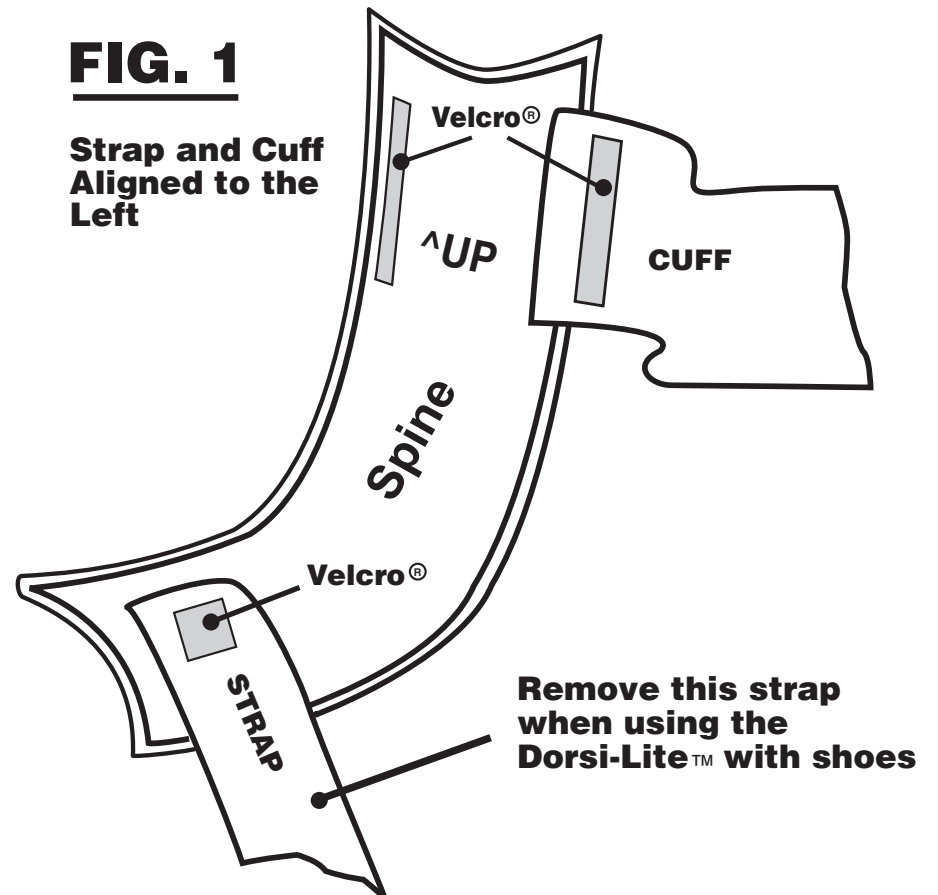
SEE OTHER SIDE FOR DIRECTIONS ON  
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TO THE PLASTIC SPINE

#### NOTE:

LEFT AND RIGHT SIDES, AS DISCUSSED BELOW, ARE BASED ON USER'S PERSPECTIVE WHEN APPLYING THE DORSI-LITE™.

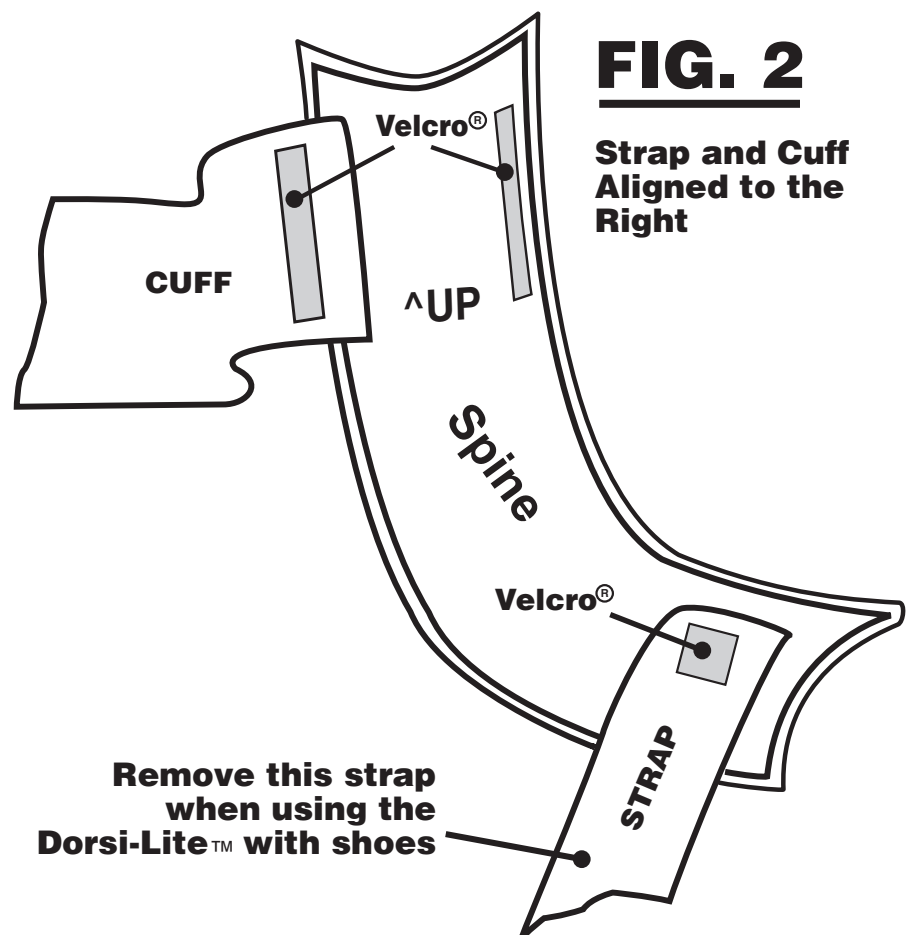
**FIG. 1**

**Strap and Cuff  
Aligned to the  
Left**



**FIG. 2**

**Strap and Cuff  
Aligned to the  
Right**



**NOTE:** \*Replacement parts, including the Cuff, the Strap, and the cushioning Pad, are available for purchase as the 3-Piece Fabric Components Set.



- ◀ Cuff around the ankle
- ◀ Strap around the foot
- ◀ Comfort Cushion Pad

**X-STRAP<sup>®</sup> SYSTEMS CHILDREN'S SIZE**  
**DORSI-LITE<sup>™</sup> FOOT SPLINT, AFO**  
**3-PIECE FABRIC COMPONENT SET**  
 with

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

**REMEMBER:**

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

For the left leg, the strap and cuff are normally aligned to the right, as in fig. 3A and 4A.  
 For the right leg, the strap and cuff are normally aligned to the left, as in fig. 3B and 4B.

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

**TO ATTACH THE CUFF**

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

**TO ALIGN THE CUFF TO THE RIGHT** (normally for the RIGHT foot), see Fig. 3, A. Press the Velcro<sup>®</sup> side of the CUFF (the end with the Velcro<sup>®</sup> piece sewn to it) onto the Velcro<sup>®</sup> strip at the RIGHT side of the front of the spine. The edge of the cuff should overlap the spine's Velcro<sup>®</sup> strip by about 1/2 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. 3, B. Press the Velcro<sup>®</sup> side of the CUFF (the end with the Velcro<sup>®</sup> sewn to it) onto the Velcro<sup>®</sup> strip at the LEFT side of the front of the spine. The edge of the cuff should overlap the spine's Velcro<sup>®</sup> strip by about 1/2 inch. The smooth nylon side of the cuff should face away from the spine.

**TO ATTACH THE STRAP**

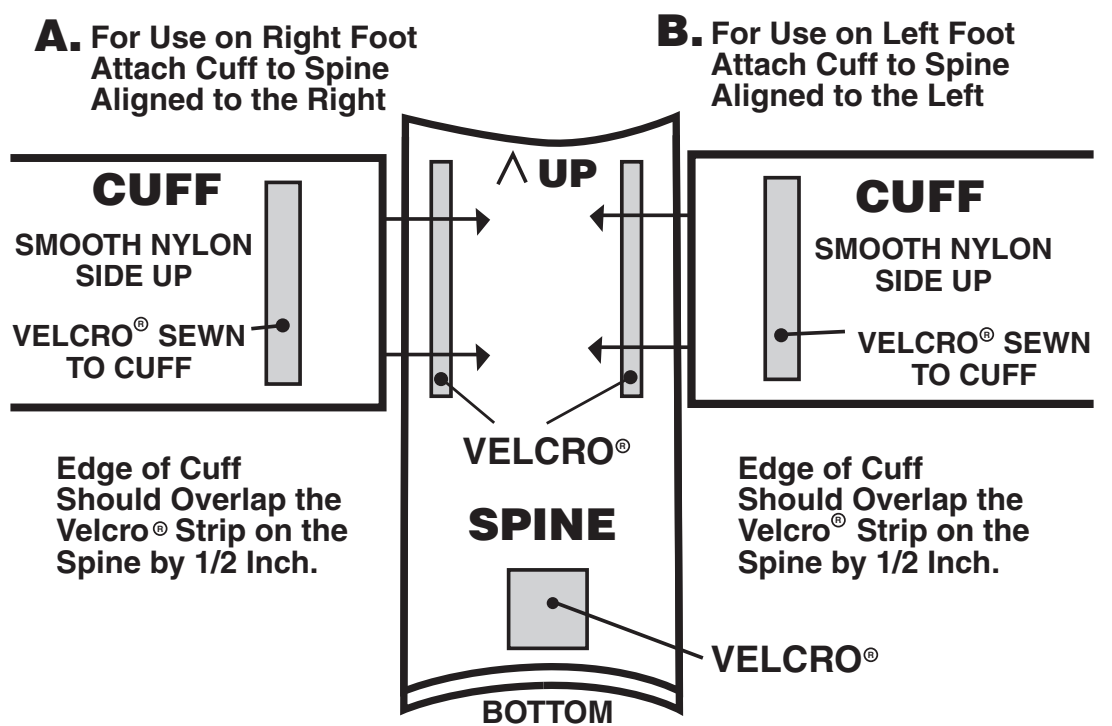
**NOTE:** WHEN USING THE DORSI-LITE<sup>™</sup> WITH SHOES, DO NOT USE THIS STRAP.

**TO ALIGN THE STRAP TO THE RIGHT** (for the right foot), press the end of the Velcro<sup>®</sup> side of the Strap onto the Velcro<sup>®</sup> strip at the bottom end of the Spine. See Fig. 4A. The edge of the Strap should overlap the Spine's Velcro<sup>®</sup> square completely. The smooth nylon side of the Strap (with the Velcro<sup>®</sup> sewn to it) should face away from the Spine.

**TO ALIGN THE STRAP TO THE LEFT** (for the left foot), press the Velcro<sup>®</sup> side of the Strap onto the Velcro<sup>®</sup> strip at the bottom end of the Spine. See Fig. 4B. The edge of the Strap should overlap the Spine's Velcro<sup>®</sup> square completely. The smooth nylon side of the Strap (with the Velcro<sup>®</sup> sewn to it) should face away from the Spine.

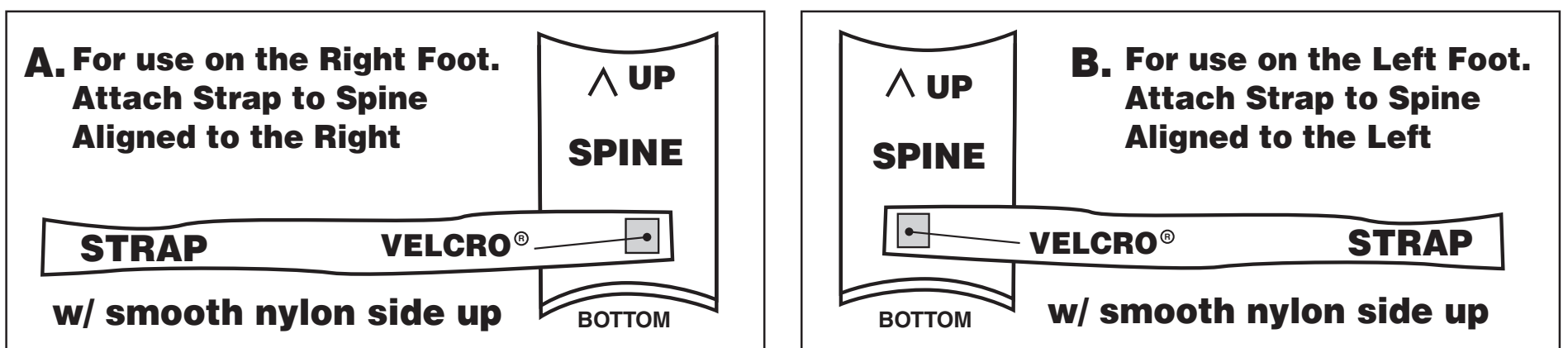
**FIG. 3**

**Attaching the Cuff to the Spine**



**FIG. 4 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<sup>™</sup>.



**TO ATTACH THE PAD**

Attach the Velcro<sup>®</sup> side of the ankle PAD (this component has NO Velcro<sup>®</sup> sewn to it), to the Velcro<sup>®</sup> pieces on the back side of the plastic Spine, centering it horizontally and vertically on the Spine. The smooth nylon side of the pad should face away from the Spine.

**NOTE:** \*Replacement parts, including the Cuff, the Strap, and the cushioning Pad, are available for purchase as the 3-Piece Fabric Components Set.

- ◀ Cuff around the ankle
- ◀ Strap around the foot
- ◀ Comfort Cushion Pad