



THUASNE

Premier Ankle Brace



Medical Professional Instruction Guide



Fitting Instructions

- Place the brace inside the shoe before putting the brace on the patient's foot.



Posterior Tibia Shell

- Slip the patient's foot into the brace (inside the shoe) so the heel fits comfortably into the molded area on the footplate.
- Secure the uprights to the leg using the two straps. Trim Velcro straps to make it easier for the patient to don and doff the brace.
- After the initial fitting, ensure the patient feels comfortable in the brace, with no sharp pressure points. If they feel the brace rubbing their skin at any time, subtle modifications can be made to the footplate (if you ordered a plastic foot) with a heat gun to relieve pressure points.
- Instruct the patient to initially wear the brace 1-2 hours the first few days. Then gradually increase the time each day. Overuse can cause aching and discomfort.



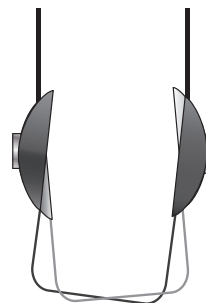
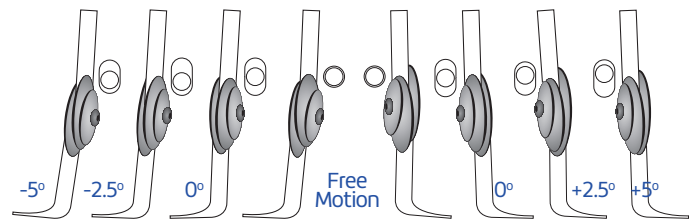
Anterior Tibia Shell

- Step through the tibia shell and the molded footplate so the heel rests firmly and intimately against the heel of the footplate and tibia shell.
- Secure the upright to the leg using the one posterior strap. The patient will need to loosen and tighten this strap each time they put on or take off the brace. Trim the length if it is too long.

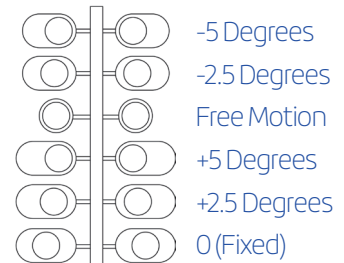
Joint Adjustments

(To Fixate The Joints Or Limit Inversion/Eversion Motion)

For braces ordered with standard joints, the adjustment process involves removing a screw, joint cover plate and the factory installed insert. A stop tree is included with each brace. The fitter can select the optimum inserts for adjusting the inversion/eversion motion of the carbon graphite ankle joints. After the appropriate insert is installed, put the cover plate back on and lock it into position with the screw.



Inversion/Eversion Adjustment Kit



The joints provide unlimited dorsiflexion and plantarflexion motion. Inversion and/or eversion can be limited or fixed by installing Delrin inserts to one or both joints.

Warranty Information

30-day free remold/remake service (from the date of fabrication) to resolve any initial fitting issues. A new cast or leg scan may be required. For one year from the date of sale, if the graphite shell, foot plate or hinges fail or are structurally compromised during routine and customary activities, Townsend will routinely repair or replace the brace at no charge. Replacement parts including straps and pads are guaranteed against defects and unnatural wear for six months.





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Patient Instruction Guide

The Premier Ankle Brace is a custom ankle foot orthosis that has been carefully fabricated for your foot and leg, according to your doctor's prescription and specifications. The brace can provide support while being comfortable to wear on a daily basis. Your healthcare professional should show you how to put on and remove your Premier Ankle Brace.

The Premier Ankle Brace should be worn with a sock, stocking, or similar garment under the orthosis. Avoid wrinkles to the fabric or pulling the sock up too high which can put pressure on the toes. Using talcum powder and natural fiber socks, such as cotton, allow better air circulation and less perspiration. You should check regularly for signs of skin irritation. Report your concerns to the office of your healthcare professional.

Care & Warranty

To avoid skin irritation, keep both your orthosis and your foot/leg as clean as possible. Any skin covered by the orthosis should be washed daily with warm water and mild soap.

The Premier Ankle Brace should be cleaned regularly with a solution of 1/2 alcohol and 1/2 water using a clean cotton wash cloth. Do not attempt to hasten drying by using a hair dryer or placing the appliance in front of a heater. Your orthosis may be towel-dried or left to dry at room temperature. If any part of your brace becomes damaged or broken, make an appointment with your healthcare provider.

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Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6

Fitting Instructions

- Your brace must be worn with proper footwear—consult your doctor for specific recommendations. Generally, lace up style shoes with stable soles and removable insoles are recommended.
- Always place the brace inside the shoe before putting the brace on your foot (**Figure 1**).

Posterior Tibia Shell

- Slip your foot into the brace (inside the shoe) so the heel slides down into the molded area on the footplate (**Figure 2 & 3**).
- Secure the uprights to the leg using the two straps. Only loosen the two Velcro straps each time you put on and take off the brace (**Figure 4**).
- When you initially try on the brace, it should be comfortable with no sharp pressure points. If you feel the brace rubbing your skin at any time, discontinue use and contact your health care provider.
- Because the Premier Ankle Brace may change your alignment, a gradual “break in period” is recommended as your body adjusts to wearing the brace. Wear the brace for 1-2 hours the first few days. Some people can take up to ten days to acclimate to the brace. Temporary aching of the legs, knees, hips and low back are common during this “break in period.”

Anterior Tibia Shell

- Step through the tibia shell and the molded footplate so your heel rests firmly and intimately against the heel of the footplate and tibia shell (**Figure 5**).
- Secure the upright to the leg using the one posterior strap. You will need to loosen and tighten this strap each time you put on or take off the brace (**Figure 6**).

