



THE ROM SPECIALISTS®

# ADVANCE DYNAMIC® ROM - ANKLE ORTHOSIS

## EASY FIT INSTRUCTIONS

### BEFORE APPLYING ORTHOSIS:

- Check leg for any neurological or vascular changes.
- Check device to be sure that lock and lock safety are engaged.



### FOR DYNAMIC TENSION:

- Swing lock lever safety away from lock lever.
- Disengage lock lever by slightly extending foot.



### TO INSPECT THE FIT:

- Check alignment and adjust straps for comfort.
- Check for any neurological or vascular changes.



### TO APPLY ORTHOSIS:

- Unfasten or loosen all straps.
- Slide device onto foot and align tension springs with ankle joint (maleolli).
- Align struts with long bones of the calf, making sure tension springs remain aligned with ankle joint.
- Refasten and tighten straps in this order:  
- Top ankle strap / Calf strap / Foot cradle straps
- Straps should be snug enough to allow one finger to be inserted between strap and skin.

### TO REMOVE ORTHOSIS:

- Lock device into position by engaging lock lever safeties with lock levers.
- Unfasten/loosen straps and carefully slide orthosis off foot.





## ADVANCE DYNAMIC<sup>®</sup> ROM - ANKLE ORTHOSIS

RESTORE MOTION, RETURN TO FUNCTION



THE ROM SPECIALISTS<sup>®</sup>

Joint Active Systems, Inc. | 1-800-879-0117 | Effingham, Illinois | Made in USA, Licensed In The State Of Illinois | [jointactivesystems.com](http://jointactivesystems.com)