

# Hi-Top & Lo-Top Boot (Hinge & Thigh Attachment included)



Application Instructions CP020109 Rev K 08/07

**SUPERIOR SUPPORT WITHOUT CASTING COMPLICATIONS**



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days. This device is generally not intended for patients in excess of 250 lbs (114 kilos). This device is not intended to prevent injuries or reduce or eliminate the risk of reinjury.

**Indications:** Indicated for post-injury or post-operative application to grade 1, 2, or 3 ankle sprains, and stable or internally fixed fractures of the foot or ankle. Also indicated for stable or internally fixed fractures of the middle to distal tibia or fibula when the optional tibial fracture bracing plate is used.

**Contraindications:** Contraindicated for unstable fractures or for fractures of the proximal tibia or fibula.

**WARNING:** Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. If any additional pain or symptoms occur while using this device, seek medical attention.

**Warranty:** This device is warranted to be free from defects in material and workmanship for a period of 90 days. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect. This device is expressly subject to Bledsoe's Product Line Limited Warranty. Copies of this limited warranty can be obtained from your medical professional, via the internet at [www.bledsoebrace.com](http://www.bledsoebrace.com) or by calling (800) 527-3666.

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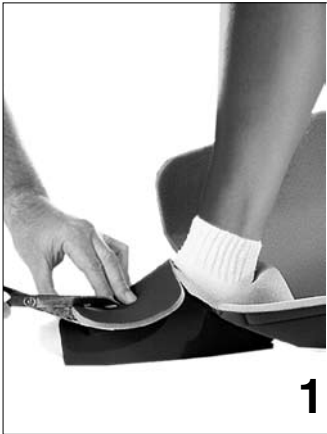
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**For product information or questions pertaining to sales or service, please contact your area sales representative or Bledsoe Brace Systems directly.**

# Hi-Top & Lo-Top Boot Application Instructions



**1**

**1. APPLY THE CALF WRAP.** If a regular cuff is used, apply the sock. If a "BOOTIE" was ordered, slip the foot into the bootie with the toes under the toe piece. Close the forefoot cover over the foot. Wrap the calf section around the leg. Trim the excess, leaving 2"-3" (5cm-7.5cm) overlap. Close the hook-to-pile fastener at the front. Make sure the posterior plate is centered on the calf. The bootie may be removed with scissors if too warm.



**2**

**2. Center the posterior plate on the calf with the upper edge of the wrap just below the knee cap. Trim the excess, leaving 2"-3" (5cm-7.5cm) overlap.**



**3**

**3. Wrap the cuff around to the front and close the hook-to-pile fastener.**



**4**

**4. Slip the foot into the boot with the plastic covers over the uprights to prevent engagement of the hook-to-pile fastener. Check the placement and pressure of the pads over the ankle. Remove or reposition the pads as needed to achieve proper fit and comfort at the ankle.**



**5**

**5. Bend and curve the boot uprights to fit the sides of the calf. Align the uprights with the leg and remove the plastic covers to engage the hook-to-pile fasteners. If a regular or "winged" tibial fracture plate was ordered, apply the plate into position on the shin. The proper position of the winged plate is with the top of the plate, 1" (2.5cm) above the wrap.**

**Note:** The upper 3" (8cm) of the medial upright should be bent medially to fit the flair of the Tibial Condyle. Do not use the tibial plates with the Bledsoe Lo-Top Boot.



**6**

**6. FASTEN STRAPS** If the "Cuff" is used, place the dorsal pad over the forefoot and fasten the straps. Adjust the heel strap and pad for comfort. The double sided hook pieces may be repositioned and the excess strap trimmed. Lightly fasten the top half-strap on the Hi-Top Boot (the Lo-Top Boot does not have this strap) and check the position of the foot and ankle. If a Hinge and Thigh Attachment was ordered, apply it at this time.



**7**

**7. Starting at the ankle, wrap the strap ends securely forward around the sides of the leg to interlock the straps with the uprights. Trim the excess strap and reposition the double hook piece if necessary. Fasten the straps through the D-rings at the front of the leg. Retighten the top half-strap on the Hi-Top Boot if a winged tibial plate was used to achieve PTB capability.**

# Hinge & Thigh Attachment Application Instructions



**1**

1. Apply the Hi or Lo-Top Boot through Step 6 of the Application Instructions.



**2**

2. Apply the thigh section with the posterior plate centered on the back of the leg. Make certain the posterior plate clears the back of the knee when flexed. Trim the excess, leaving 2"-3" (5cm-7.5cm) overlap.



**3**

3. Form the hinge uprights by bending to fit the thigh shape. Contour the lower hinge uprights to the shape of the boot brace uprights. Center the hinge over the femoral epicondyle. Press the hinge uprights into position in line with the bones, engaging the surface of the thigh section and the outer surface of the boot brace uprights.



**4**

4. **TIGHTEN STRAPS & ADJUST** Starting at the ankle, press in on both hinges and brace uprights while wrapping the straps firmly forward to engage the hook fastener on the uprights. Loop the strap through the D-ring, pull back to tighten, and press the hook fastener on the strap end to close.



**5**

5. Wrap the straps firmly forward on the Hinge and Thigh Attachment to engage the hook-to-plate fastener on the uprights. Loop the strap through the D-ring, pull back to tighten, and press the hook fastener on the strap end to close.



**6**

6. Adjust the hinges per the Application Instructions for the brace hinge. (Can be ordered with Multi-Centric hinge, Simple hinge or Simple QuikLok hinge.)