

# **Bledsoe ProGait ST Boot**

## **Application Instructions** CP020134 Rev M 02/07



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 tarsal, metatarsal, forefoot, and calcaneus fractures, forefoot sprains, and grades 1, 2, & 3 ankle sprains. Also indicated for fractures of the distal tibia or fibula.

**Contraindications:** Contraindicated for unstable fractures and proximal tibial or fibular fractures.

**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 the 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.

Manufactured by:

**Bledsoe Brace Systems™**

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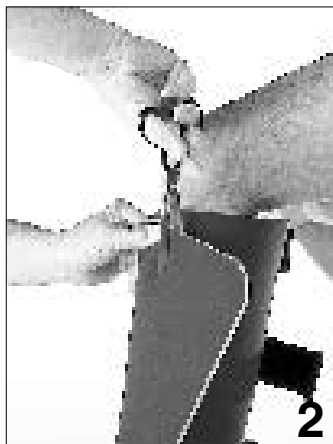
[www.orthomedico.be](http://www.orthomedico.be)

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

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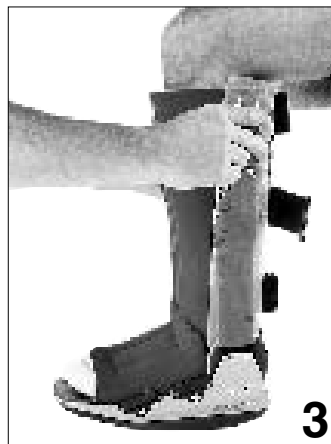


1. Slip the foot into the bootie and position the heel at the back of the cuff. Close the forefoot cover over the foot. Trim the excess cuff material leaving 2"-3" (5cm-7.6cm) overlap. Close the hook to pile closure over the forefoot.



2. Wrap the calf section around the leg, and trim the excess cuff material leaving 2"-3" (5cm-7.6cm) overlap. Close the hook to pile closure at the front of the leg.

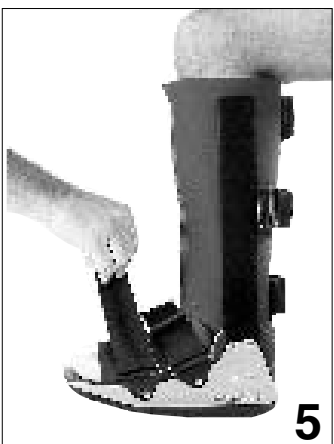
Remove the forefoot strap from the D-ring.



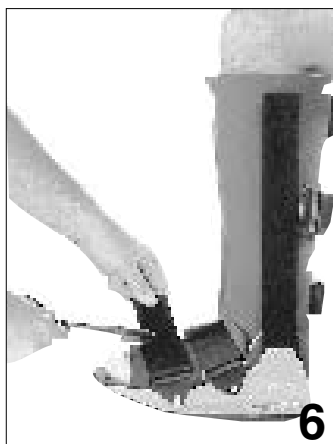
3. Make certain the plastic covers remain in position over the uprights to prevent engagement of the hook and pile material. Slip the foot into the boot with the outer ankle bone in line with the uprights. Position the boot uprights in the desired position in line with the leg, then remove the plastic covers to engage the hook material on the uprights with the pile surface of the bootie.



4. Step 4 is only for the ST2. The ankle/heel pad is attached by hook and pile material and may be positioned vertically on the uprights to fit a wider range of foot sizes for maximum comfort.



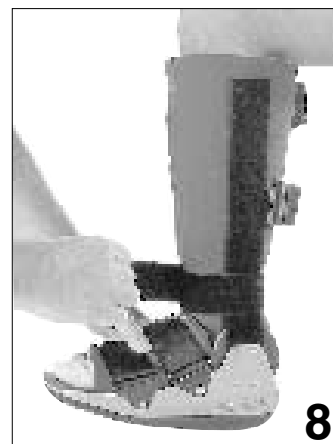
5. Open each forefoot strap and remove the double sided hook piece. Slip each forefoot strap through its D-ring, pull the strap end back to tension comfortably. Position the double sided hook piece for maximum strap length adjustment, then press the strap end to the hook piece to close.



6. After fastening the forefoot straps, trim the excess length.

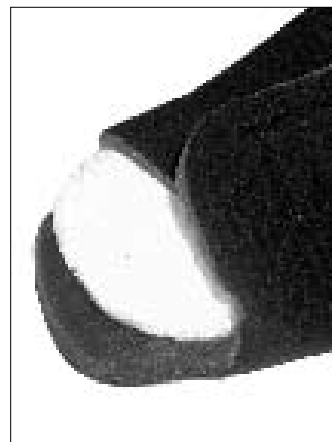
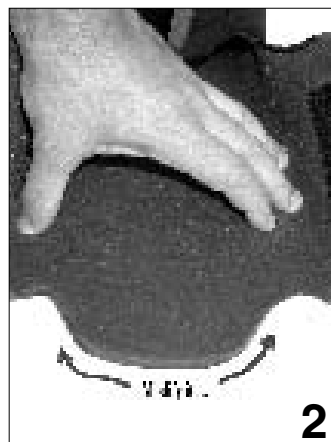


7. Starting at the ankle, unroll the straps from the back of the bootie, wrap the strap ends securely forward around the sides of the leg to interlock the strap with the uprights.



8. Slip the strap through the D-ring at the front of the leg and comfortably tighten the strap. Repeat this step for the remaining straps.

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## MODIFICATION TO THE CLOSED TOE BOOTIE

There are three quick methods to modify the ProGait ST bootie to customize it for application and patient comfort.

### 1. TUCKED UNDER

The upper foam lip that normally covers the toes may be tucked under the patient's toes. This allows the patient's toes to be exposed and cushioned on a double thick layer of padding under the ball of the foot and extending out past the end of the toes.

### 2. MODIFY IT

The upper foam lip can be removed by cutting it off just under and along the surge line. This option leaves the bottom of the foam extending out to the end of the boot to cushion the toes.



### 3. CUT IT OFF

Cutting across the bootie in a straight line from the beginning to the end of the surged stitching creates an open-toed bootie.