


Instructions for the TOE LIFT

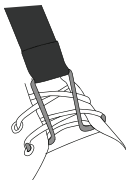
Your Ortho Active Toe Lift helps provide toe clearance while you're walking. Its versatility allows you to wear it comfortably while you're out and at home.

Putting the Toe Lift on:

1  Wrap the cuff around your ankle and fasten so the plastic buckle is located at the center front.

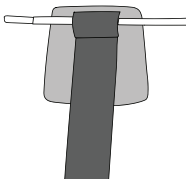
2 Choose appropriate footwear. Select a pair of comfortable, supportive shoes, or the included slipper.

3 If using the shoe hook:

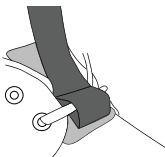


Hook the metal prongs into the holes or eyelets closest to the toe of your shoe.

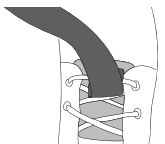
4 If using the tongue attachment:



Unlace your shoe completely. Put the lace through the loop on the tongue attachment, positioning the loop in the centre of the lace.



Tuck the sides of the plastic into the shoe along the tongue, then put the laces through the first holes closest to the toe.



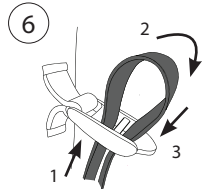
Flip the strap over the toe. Re-lace the shoe with the laces over top of the plastic insert.

5 If using the slipper attachment:

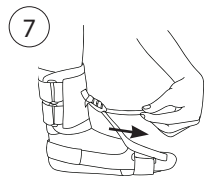


Slide the slipper onto your foot and secure the strap around your heel.

Adjust the elastic Velcro strap going around the slipper to rest just under or slightly behind the ball of your foot.



From a sitting or kneeling position, bend your leg so your knee is positioned above your toes. Fasten the strap to the buckle by feeding it up through the slot in the back, over the bar in the centre, then back down through the slot in the front.

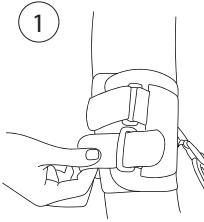


Pull the loose end of the strap to tighten it until your foot and ankle are at approximately 90 degrees.

8 You may wish to trim some of the excess strap. If you do, do not cut it too short or it will be difficult to put on next time. You can melt the end of the strap with a lighter to prevent it from fraying.

Taking the Toe Lift off:

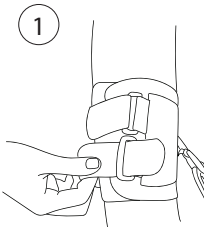
If using the shoe hook or the tongue attachment:



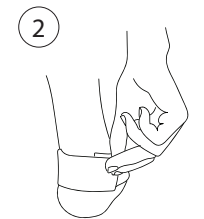
1 Remove the Velcro straps from the cuff around your ankle, then remove the cuff from your ankle. Reattach the Velcro straps to the cuff so they don't stick to anything while not in use.

2 Take your shoe off as usual and store the cuff with your shoe. Keep the cuff attached to your shoe so the Toe Lift is easy to put on next time.

If using the slipper attachment:



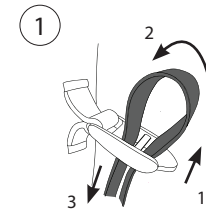
1 **Remove the cuff:** Remove the Velcro straps from the cuff around your ankle, then remove the cuff from your ankle. Reattach the Velcro straps to the cuff so they don't stick to anything while not in use.



2 **Remove the slipper:** Detach the Velcro strap around your heel and slide the slipper off your foot. Reattach the Velcro strap to keep it from sticking to anything while not in use. Keep the cuff and slipper attached so they're easy to put on next time.

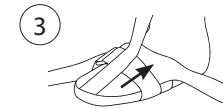


Switching from the shoe hook/tongue attachment to the slipper attachment:



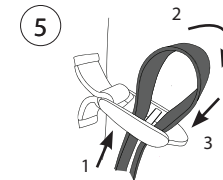
1 Undo the strap from the buckle on the cuff by pushing the strap up through the slot in the front of the buckle and pulling it down through the slot in the back.

2 Leave the strap attached to your shoe, and take your shoe off as usual.

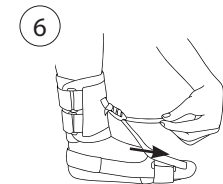


3 Slide the slipper onto your foot and secure the strap around your heel.

4 Adjust the elastic Velcro strap going around the slipper to rest just under or slightly behind the ball of your foot.



5 From a sitting or kneeling position, bend your leg so your knee is positioned above your toes. Fasten the strap to the buckle by feeding it up through the slot in the back, over the bar in the centre, then back down through the slot in the front.



6 Pull the loose end of the strap to tighten it until your foot and ankle are at approximately 90 degrees.

7 If you'd like to trim the strap, do not cut it too close to the buckle. You can melt the end of the strap with a lighter to prevent fraying.