



DEFENDER

## FOOT DEFENDER FITTING TIPS



### STEP 1

Deflate the air cell by pushing the silver button

Place patient in a tall diabetic sock that extends above mid calf

Remove AFO front closure

Place patient's heel firmly into the back of the boot



### STEP 2

Apply front AFO closure, starting with the hook & loop near the toes, work your way up

Be sure that the top straps are not too tight, allowing for a 2 finger gap at the shin.

Note the boot is not intended to fit tight



### STEP 3

We don't recommend patients with neuropathy or wounds use the pneumatic system for fitting; for all others, pump air (red button) 3-8 times for a snug fit at the heel.

Release the air before fitting or removing the boot. **Never exceed 8 pumps total** as it may trigger the safety valve on the pump and render it unusable.

This is a safety feature for patients with neuropathy. The pneumatic pump also can restrict the blood flow down to the foot so check with your medical professional before using.

### ✓ JUST RIGHT

Note the AFO angle to the tibia (shin)



### ✗ TOO TIGHT

Wrong angle to the tibia (shin)



Scan QRCode  
YouTube Patient Instruction Link

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