



LINDHE XTEND

make it possible

Instructions for Use

XTEND FOOT H100



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XTEND FOOT

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Figure 1: The foot and its different components

A complete foot consists of three main parts:

- 1) Fibre composite foot:
 - A) Forefoot laminate
 - B) Heel laminate
 - C) Base laminate
 - D) Pyramid
- 2) Foot cosmetic cover
- 3) Protective sock



Figure 2: Size and weight guide

It is important to match the correct foot prosthesis to the right patient. The table below must be followed when choosing a foot prosthesis. Before connecting the foot, double check the article number in the table below with the number marked on the foot's attachment socket. Always check that the patient's weight category is correct.

Category	Foot size [cm]:	23	24	25	26	27	28	29
P3	40–60 kg / 90–130 lbs	H100-323	H100-324					
P4	61–80 kg / 131–175 lbs	H100-423	H100-424	H100-425	H100-426	H100-427	H100-428	H100-429
P5	81–100 kg / 176–220 lbs	H100-523	H100-524	H100-525	H100-526	H100-527	H100-528	H100-529
P6	100–125 kg / 221–275 lbs			H100-625	H100-626	H100-627	H100-628	H100-629

INTENDED USE:

Xtend Foot is a prosthetic foot that is intended for use by above-knee or below-knee amputees and which replaces a human foot. The prosthetic foot is suitable for people who wish to achieve a natural and flexible gait on uneven surfaces with the help of a foot prosthesis. The foot prosthesis is intended to be mounted to a tube clamp adapter that is fitted to the remaining prosthetic unit, such as a knee prosthesis.

PATIENT INSTRUCTIONS:

- The patient should clean the outside of the cosmetic cover at least once a week. We recommend using warm water and a gentle cleaning agent.
- If the cosmetic cover should become worn, have it replaced immediately by a prosthetist.
- If the foot emits any noises, contact an prosthetist as soon as possible to inspect the foot. This also applies if the foot does not work properly.
- Note any change in or loss of function. This includes diminished shock absorptions or lateral flexibility and loss of forward elasticity. Contact your prosthetist if this occurs, and do not use the product until its function has

been examined.

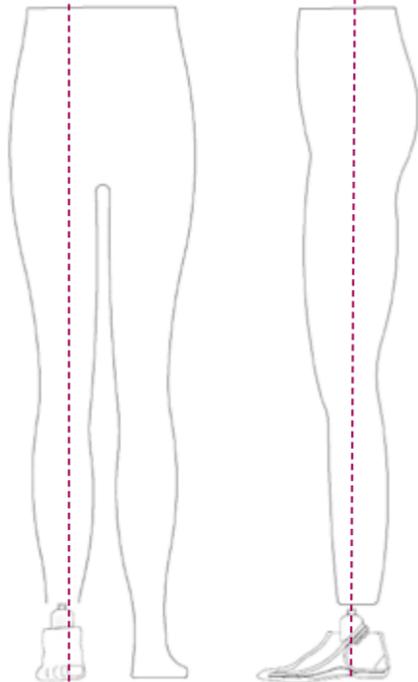
- We recommend having the foot inspected by a prosthetist every six months. With very active use, shorter service intervals may be necessary.
- The foot is water-resistant. If the foot has been exposed to water, or has been immersed in water, both the foot and cosmetic cover must be rinsed and dried. Make sure, however, that the patient does not detach the cosmetic cover from the fiber composite foot. This must be done by an authorised prosthetics.
- If the foot has been exposed to sand or dirt on the inside of the cosmetic cover, contact your prosthetist as soon as possible for cleaning and inspection.
- The foot prosthesis is designed for used in temperatures ranging from -20°C to +60°C.
- We recommend that you use the foot with socks and shoes as it prolongs the service life of the foot.
- Remember that it can take up to 14 days to get used to a new foot prosthesis. Because the foot stimulates a natural pattern of movement, you may occasionally experience

some muscle soreness in the amputated leg when you begin using it.

- If you dramatically gain or lose weight, contact your prosthetist to ensure that the foot prosthesis fits you.
- You should also avoid heavy lifting, e.g. heavy rucksacks, as this affects the total load on the foot. If you often carry heavy loads, it is better to use a foot in a larger weight class. In this case, talk to your prosthetist about it.
- This foot is not developed for jogging, running, jumping or intensive sports activities.

INSTRUCTIONS FOR THE ORTHOPAEDIC WORKSHOP:

- Review the care and patient instructions with the patient at the time of fitting the product.
- Use Lindhe Xtend's size and weight guide to find the right product for the patient.
- Only authorised prosthetist may test the product on patients.



INSTALLATION

Xtend Foot has three different laminates that interact during use to reproduce sufficient energy while the foot compensates for uneven surfaces. The pyramid ensures correct fitting on a connecting leg prosthesis/tubular structure.



WARNING Only trained personnel such as an prosthetist may install, carry out maintenance on and fit the product on patients/users.



WARNING: Do not remove the pyramid or modify the foot's construction. Any modifications made to the product will invalidate the product guarantee.

ADJUSTMENT

The foot must be adjusted and adapted to the patient for the greatest possible comfort. Observe the following fitting instructions to ensure a proper fit.

Dynamic adjustment

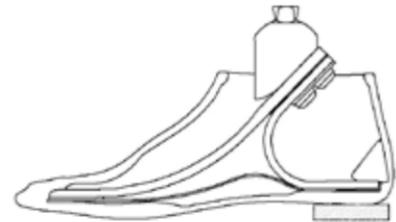
Place the foot so the vertical goes through the back third portion of the foot, as seen from the side.

Seen from the front, place the foot so the centre of the knee and the centre of the pyramid are in line between the first and second toe.

Xtend Foot is flexible on uneven surfaces and requires no extra adjustment for different surfaces. This is managed by the construction in the foot itself.

Static adjustment

The foot prosthesis is designed for a 10 mm high heel. The foot prosthesis must be fitted in the cosmetic cover when tested on the patient. The unit must be either fitted in a shoe or alternatively a heel wedge can be used to adjust the height correctly when fitting. Centre the pyramid straight ahead and tighten the screws.



SETTINGS AND FINAL FITTING

The four adjustment screws for the tubular socket adapter must be tightened evenly using 15 Nm of nominal torque. Secure the threaded pins when the right position is achieved using Loctite 636K13.

FITTING COSMETIC COVER

Careful handling while fitting will extend the function and service life of the cosmetic cover. Never use sharp tools such as screwdrivers to fit or remove the cosmetic cover. We also recommend not to fit the cosmetic cover when the patient is wearing the foot prosthesis.



Only a Lindhe Xtend cosmetic cover may be used with the fibre composite foot.

Do as follows:

- Pull the protective sock on over the fibre composite foot.
- Put the forefoot in the cosmetic cover as far as you can and place a shoe horn between the end of the heel and inside the cosmetic cover. Assure that the foot-cover is touching the inner bottom surface.
- Gently push the heel into position. Make sure the foot ends up straight and in the

appropriate notches on the inside of the cosmetic cover.

- Pull away the shoe horn and check that the composite foot's heel laminate snaps into the heel lock in the cosmetic cover (See figure A).



REMOVING THE COSMETIC COVER:

- Place the foot on a bench so the heel is sticking out over the edge of the bench.
- Press down with your hand on the cosmetic heel's upper, so it snaps out of the heel retainer. If needed, carefully use a shoe horn to press down on the heel lock on the inside.



WARNINGS:

- The product is not designed for jogging, running, intense exercise such as ball sports, gym or similar activities. This also applies for jumping and heavy dancing.
- Do not use the foot without a cosmetic cover.
- Only cosmetic covers from Lindhe Xtend may be used.
- Do not use the foot without a protective sock.
- Never remove the pyramid from the foot prosthesis.
- Avoid using very acidic and alkaline cleaning agents when cleaning the foot prosthesis components.
- Do not re-use a foot that has been tested on another patient.
- Lindhe Xtends foot prostheses are made with a pyramid coupling, which is a common connection component. It is the prosthet-

ist's responsibility to correctly adapt this coupling to other prosthesis components.

- The user may be exposed to new environmental risks if not used to flexible foot.
- The prosthetic foot is NOT to be altered or modified outside the specifications of the product by the user or orthopedic engineer.

GUARANTEE:

24-month guarantee from the consignment date. Failure to follow the user instructions will invalidate the guarantee. Failure to follow the weight recommendations or exposing the foot to unreasonable loads such as heavy lifting, intensive sports or similar activities which may otherwise have injured a human foot, will invalidate the terms of the guarantee.

The orange material is an active material in fibre-composite, designed to allow full lateral flexibility. This can cause superficial cracks in the laminate, which is completely normal, and the foot will maintain its function. Please contact Lindhe Xtend if you have any questions.

CUSTOMER SATISFACTION GUARANTEE

We offer a 30-day money-back guarantee from the consignment date. If you are not satisfied, you are entitled to return the item for a full refund.

FREQUENTLY ASKED PATIENT QUESTIONS

What do I do if I am not satisfied with the foot?

We offer a 30-day money-back guarantee on the foot, and if the patient is not satisfied within that period, the foot can be returned and refunded.

How long is the guarantee period?

Linde Xtend AB offers a 2-year guarantee on the fibre composite foot. A 6-month guarantee is offered on cosmetic covers with normal use. The service life of the foot is significantly increased if shoes and socks are worn.

Can the pyramid be removed and the foot fitted directly on a socket?

No, the pyramid may not be removed or modified. Removal or modification will void the guarantee and may endanger or injure the patient.

What is the maximum weight for Xtend Foot?

The maximum weight for using the Xtend Foot is 125 kg / 275 lbs (Category P6). Though there is a maximum weight for each category of the foot, ensuring that the foot is safe, functional and durable. See the Size and weight guide on page 2.

Which other components, e.g. knee joints, fit with Xtend Foot?

The coupling between Xtend Foot and other systems is a commonly used pyramid which can be adapted to those systems which are compatible with the pyramid.

The foot is making a noise. How can I correct it?

The cause of the noise has to be analysed. Contact your prosthetist. The prosthetist can remove the cosmetic cover and clean both the fibre composite foot and the cosmetic cover using compressed air or a soft cloth. Inspect

the foot for visible damage or dirt. Also make sure the protective sock is intact and not damaged. Then mount the cosmetic cover as described above, and re-fit it on the patient. If the sound remains, contact Lindhe Xtend.

Can I run with the Xtend Foot?

This foot is not developed for running or other sports activities, so for safety and durability of the foot we don't recommend running with Xtend Foot.



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