



LINDHE XTEND

xtend your life

Instructions for Use

Xtend[®] Foot H100



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XTEND FOOT H100

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 shell
- 3) Protective sock

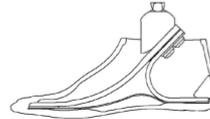


Figure 2: Size and weight guide

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	Max. 60 kg /130 lbs	H100-323	H100-324					
P4	Max. 80 kg /175 lbs	H100-423	H100-424	H100-425	H100-426	H100-427	H100-428	H100-429
P5	Max. 100 kg /220 lbs	H100-523	H100-524	H100-525	H100-526	H100-527	H100-528	H100-529
P6	Max. 125 kg /275 lbs			H100-625	H100-626	H100-627	H100-628	H100-629
P7	Max. 150 kg /330 lbs				H100-726	H100-727	H100-728	H100-729

INTENDED USE:

Xtend Foot is a prosthetic foot intended to be used by below-knee or above-knee amputees and replaces a human foot. The prosthetic foot is designed to be fitted to the remaining prosthetic leg with a pyramid connection.

PATIENT INDICATIONS:

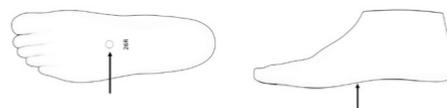
The prosthetic user is physically disabled and the disability can vary from amputation of a lower limb to hip amputation.

Double amputees can also use the product. Prosthetic user can also have one or two amputated or missing arms.

GENERAL INSTRUCTIONS:

- 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.
- If the foot shell should become worn, have it replaced immediately by a prosthetist.
- 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 foot shell must be rinsed and dried. Make sure, however, that the prosthetic user does not detach the foot shell from the fiber composite foot. This must be done by an authorised prosthetics.

- The foot prosthesis is designed for use in temperatures ranging from -30°C to $+80^{\circ}\text{C}$.
- We recommend the foot is used with socks and shoes as it prolongs the service life of the foot.
- This foot is not developed for jogging, running, jumping or intensive sports activities.
- All adverse events that occurs and are related to this product should be reported to the manufacturer and the local authority in the country of occurred event.
- After finished life cycle, the product shall be disposed in metal recycling.
- If the prosthetic foot will be frequently used in water, a draining hole can be drilled in the foot shell according to directions in the sketches below.



PATIENT INSTRUCTIONS:

- If the foot emits any noises, contact a 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.
- 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 higher weight class. In this case, talk to your prosthetist about it.

CLEANING INSTRUCTIONS:

- The prosthetic user should clean the outside of the foot shell at least once a week. We recommend using warm water and a gentle cleaning agent.
- 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.

INSTALLATION

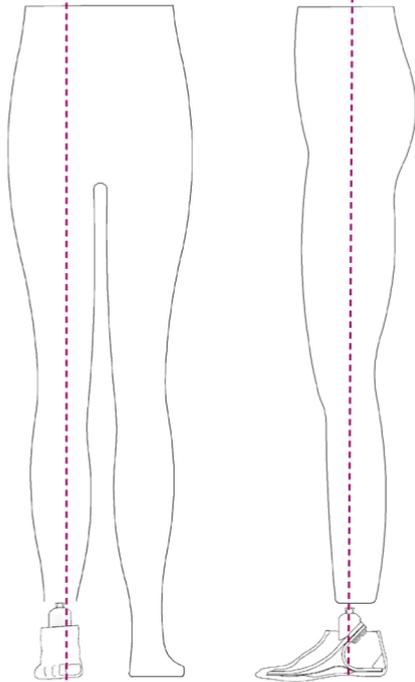
Xtend Foot has three different laminates that interact during use to reproduce sufficient energy while the foot compensates for uneven surfaces. The pyramid ensures correct fitting on a connecting leg prosthesis/tubular structure. Thread locker e.g. Loctite 275 is needed for the installation.



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

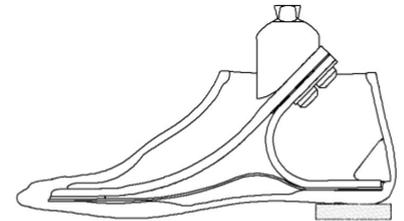
Xtend Foot is flexible on uneven surfaces and requires no extra adjustment for different surfaces. This is managed by the construction in the foot itself.

Static adjustment

The foot prosthesis is designed for a 10 mm high heel. The foot prosthesis must be fitted in the foot shell 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 adjustment screws when the right position is achieved using e.g. Loctite 275.



FITTING THE FOOT SHELL

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



Only a Lindhe Xtend foot shell 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 foot shell as far as you can and place a shoe horn between the end of the heel and inside the foot shell. Assure that the foot shell 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 foot shell.
- Pull away the shoe horn and check that the composite foot's heel laminate snaps into the heel lock in the foot shell (See figure A).

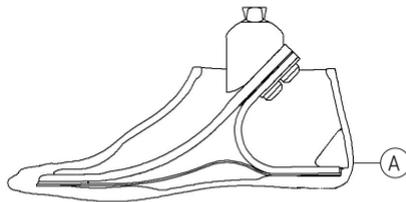
REMOVING THE FOOT SHELL:

- 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 foot shell 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. This can lead to unacceptable risks.
- Do not use the foot without a foot shell. This can lead to unacceptable risk.



- Avoid using very acidic and alkaline cleaning agents when cleaning the foot prosthesis components.
- Do not re-use a foot that has been used by another patient. It's a single user only device.
- Lindhe Xtends foot prostheses are designed with a common pyramid interface. It is the prosthetist's responsibility to correctly adapt this interface 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 prosthetist.
- It is not allowed to use a prosthetic foot intended for a lower weight class, this can lead to unacceptable risks.

GUARANTEE:

36-month guarantee from the delivery date applies for the foot structure and 6-month guarantee applies for the foot shell. Failure to follow the user instructions will invalidate the guarantee. For full details on the guarantee please consult our General Terms and Conditions for Product Sales.

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 USER QUESTIONS

What is the maximum weight for Xtend Foot?

The maximum weight for using the Xtend Foot is 150 kg / 330 lbs (Category P7). 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 interface 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 foot shell and clean both the fibre composite foot and the foot shell 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 foot shell as described above, and re-fit it on the patient. If the noise 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.

Xtend Foot H100 is covered by the following patents:

- USA US 10 383 746
- Japan JP 6 333 945
- European patent EP 2976049 in GB, FR, SE, DE
- Germany DE 602014026164.7
- Patent pending in EU, USA and Japan



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