

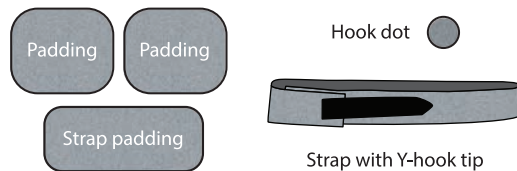
## Important notes



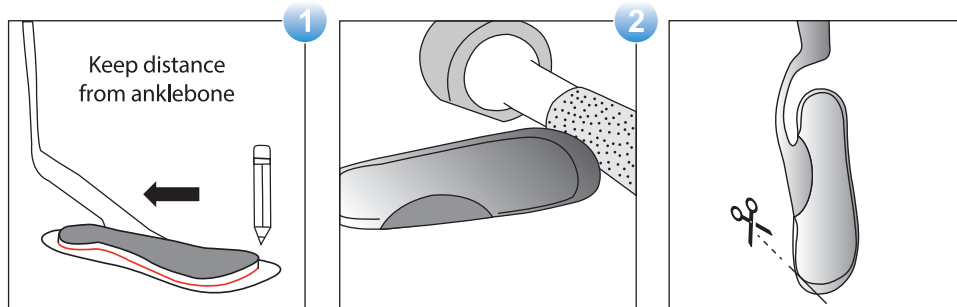
- When grinding or cutting, protect the eyes and cover the nose and the mouth.
- The orthosis cannot be thermoformed.
- The sole of the orthosis and other structural elements must be free from holes and perforation as these would interrupt the fibres and weaken the component.

## The set includes

- Ankle-foot orthosis Easy Walk® Eco
- Strap with Y-hook tip
- Padding 3 pcs
- Adhesive hook dots 8 pcs
- Double-sided hook dots 2 pcs
- Instruction for Use
- Fitting Instruction



## Fit orthosis in 10 simple steps



### 1. Mark the orthosis sole contour

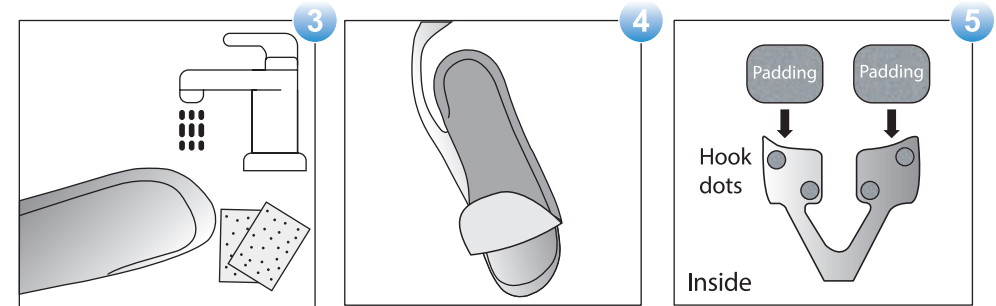
The contour of the orthosis sole has to match the inner shape of the shoe sole. It is important to choose a correct orthosis size. Then take out the insole from the shoe and mark the contour of the insole on the orthosis. When adjusting the sole length, the connection between the sole and the dorsal spring must not get too close to the inner anklebone.

### 2. Grind the sole

Grind the orthosis sole until the marked contour on a grinding machine with medium grain (60) sandpaper.

### 2a. or cut it with scissors

When adjusting the sole width, grind or cut the outer edge of the sole no more than is required in order that the inner part of the sole would not press against the foot. If the sole requires more reduction in width, grind or cut it from both outer and inner sides.



### 3. Make the sole edges smooth

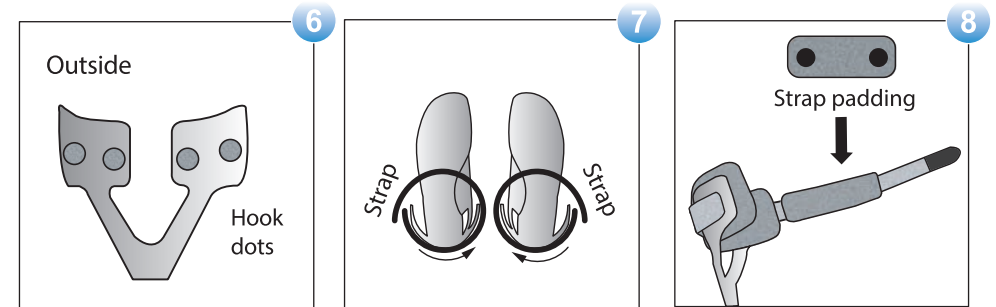
Edges of a trimmed/ cut orthosis are sharp and can cut a shoe or cause injuries. Therefore, they should be ground and sanded smoothly under a water stream using 150 grit waterproof sandpaper.

### 4. Cover the sole part

Depending on the patient's needs, it is recommended to cover the sole part with special material or an insole by gluing them to the footplate.

### 5. Attach soft padding

Attach two parts of soft padding to the glued hook dots on the inside of the calf holders.



### 6. Attach two hook dots for strap

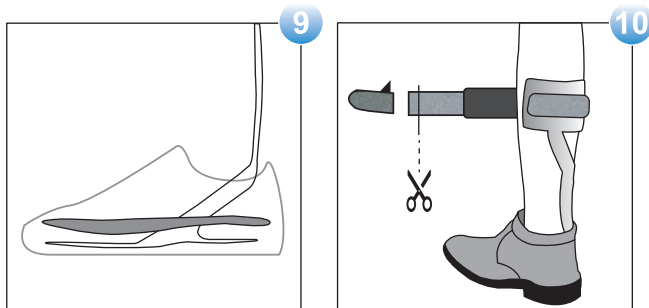
Attach two hook dots on the outside surface of each calf holder.

### 7. Fix the fastening strap

Fix the strap on the hook dots starting from the lateral side and wrap it around the calf from the back towards the medial side.

### 8. Pad the strap

Fix two double-sided hook dots on the strap padding part and fasten it on the strap at the front of the leg in order to reduce pressure of the strap.



#### 9. Put the orthosis in the shoe

Take out the insole from the shoe, put the orthosis in, and then put the insole back. The orthosis should not slither inside. It fits best with 10-20 mm heel shoes.

#### 10. Adjust the strap and fasten the orthosis

The patient should put on the shoe together with the orthosis. Measure and adjust the strap length by cutting it with scissors. Attach a Y-hook tip at its end and fasten the orthosis.

### The patient shall be instructed on how to wear the AFO

The statements of **Instruction For Use** should be explained in detail. The printed document supplied with the product should be given to the patient and he/she should be explained how to find a digital version in different languages on Ortho Baltic website by scanning the QR code on the product labelling or the packing box.

### Spare parts available for replacement

Strapping & Padding Set art. GSTR10E one size	Padding Set art. GPAD10E one size
Velour sole cover, black art. GSC10	
GSC10=LXS	GSC10=RXS
GSC10=LS	GSC10=RS
GSC10=LM	GSC10=RM
GSC10=LL	GSC10=RL
GSC10=LXL	GSC10=RXL

### For more information contact the manufacturer:

Ortho Baltic UAB  
Taikos Ave. 131A, LT-51124  
Kaunas, Lithuania  
+370 37 473970  
info@orthobaltic.lt  
www.orthobaltic.eu

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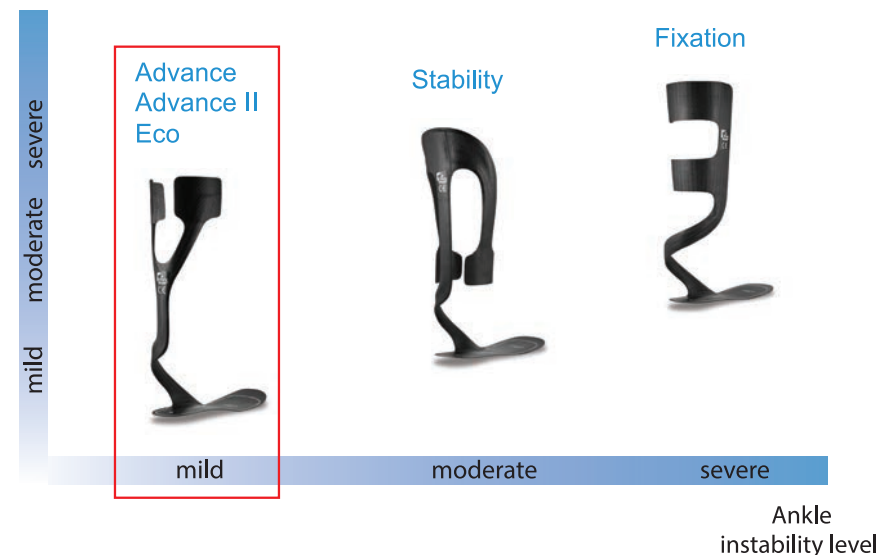


# FITTING INSTRUCTION for Easy Walk® Eco ankle-foot orthosis

## Product

Eco (art. AFO10E) is a pre-preg carbon fibre orthosis from Easy Walk® range of footdrop ankle-foot orthoses (AFOs) developed and manufactured by Ortho Baltic.

Foot drop  
level



Item No Left	Item No Right	Size	Shoe size	Height, cm
AFO10E=LXS	AFO10E=RXS	XS	34-36	33
AFO10E=LS	AFO10E=RS	S	36-39	35
AFO10E=LM	AFO10E=RM	M	39-42	36
AFO10E=LL	AFO10E=RL	L	42-45	37
AFO10E=LXL	AFO10E=RXL	XL	45-47	39



**The product must be fitted only by a professional Orthotist**