

ORTHOTIX
SPORTS & ORTHOPAEDIC BRACING



Product
Fitting Guides

EXPRESS

Information



Our own branded portfolio of supports, braces and splints has been created for adults, with quality and best value in mind.

This range incorporates the most commonly used orthotic products and is born out of the NHS demand that Orthotix has experienced over the last decade.

The following consumer guides have been devised by our team of in-house Healthcare Professionals to assist with the correct fitting and care of our Express product range.

Each product has its own simple step by step guide and informative icons which showcase beneficial features and associated care requirements.



The presence of this icon alongside our products signifies that there is a how to fit video demonstration available on our website. To view the professional fitting demonstration simply visit the video section at www.orthotix.co.uk

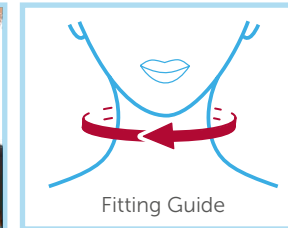


If you require any further product advice please contact our dedicated Customer Service Team between the hours of: 9am – 5pm, Monday – Friday.

Official Supplier To:



Foam Cervical Collar



Indications

Whiplash, OA, Spondilitis, Post injury.

Fitting Instructions

- Hold the collar in both hands with the dipped section under the chin.
- The fastening strap is usually on the right side.
- Wrap the collar around the neck and secure the Velcro fastening.
- The collar should fit snugly between your collar bone and your chin and not be too tight.
- Ensure your chin is not able to fall inside the collar, if so tighten.

Care Instructions

- Your collar can be wiped over with a damp cloth but should not be immersed in water.
- The collar can be covered with stockinette or a thin scarf to keep clean.



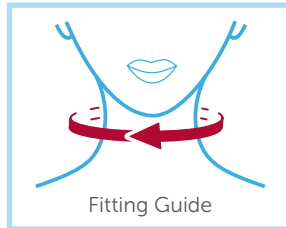
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QDOIL/01Rev.0

Semi Rigid Cervical Collar

EXPRESS



Indications

Whiplash, OA, Spondilitis, Post injury.

Fitting Instructions

- Hold the collar in both hands with the dipped section under the chin.
- The fastening strap is usually on the right side.
- Wrap the collar around the neck and secure the Velcro fastening.
- The collar should fit snugly between your collar bone and your chin and not be too tight.
- Ensure your chin is not able to fall inside the collar, if so tighten.
- The collar can be adjusted for depth by splitting the two sections and repositioning.

Care Instructions

- Your collar can be wiped over with a damp cloth but should not be immersed in water.
- Do not dry near a heat source
- The collar can be covered with stockinette or a thin scarf to keep clean.



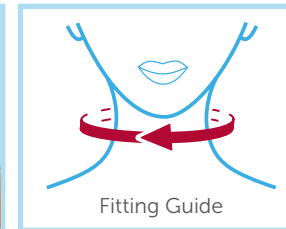
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QDOIL/02Rev.0

Philadelphia Collar

EXPRESS



Indications

Post trauma, RA/OA, Post Surgery, Whiplash, Tracheotomy.

Fitting Instructions

- Select the correct size collar using measurements provided.
- The collar can be fitted in supine, sitting or standing.
- Apply the back section to the back of the neck/head and the arrow should point upwards.
- Apply the front of the collar with the chin in the cupped area.
- Ensure the collar is central and secure with the Velcro straps. The front section should overlap the back and ensure both sides are tightened evenly.
- There should be very little front to back movement when secured correctly. The chin should not be able to slip inside the collar.

Care Instructions

- The collar can be wiped over with a damp cloth but do not immerse in water.
- Use a towel to dry and avoid drying near a heat source.
- If the collar needs replacing contact your orthotic clinic or issuer.



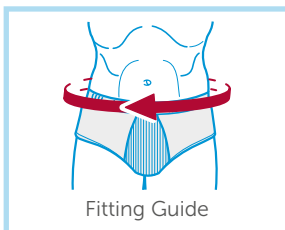
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QDOIL/03Rev.0

8"/12" (2/3 Buckle) LS Support

EXPRESS



Fitting Guide

Indications

LBP, Lumbar Support, Sciatica, Post Surgery, OA.

Fitting Instructions

- Select the correct size support using the waist measurements provided.
- Contour the back stays appropriately by hand.
- Hold the garment with both hands and position around the lower back region.
- Ensure the garment is central with the back stays each side of the spine.
- Secure the Velcro straps firmly until the orthosis feels firm but not over tight.
- Finally thread the fulcrum strap through the buckle and tighten.

Care Instructions

- The washing instructions are on the label inside the garment.
- Dry naturally and do not place near a heat source or use a tumble dryer.



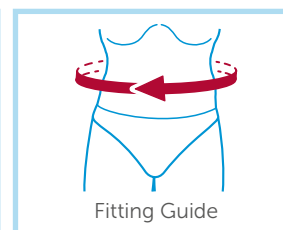
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QDOIL/04Rev.0

Maternity Support

EXPRESS



Fitting Guide

Indications

Abdominal support, Lower back pain during pregnancy.

Fitting Instructions

- Select the correct size support using the abdomen measurements provided.
- Hold the garment at both sides and wraparound your lower back region.
- Overlap the garment at the front until it feels firm and supportive.
- Secure with the Velcro fastening.
- For additional support, stretch the side straps around to the front and secure.
- If you experience more discomfort when using the orthosis, remove and contact a healthcare professional.

Care Instructions

- Avoid drying in a tumble dryer or near a heat source.



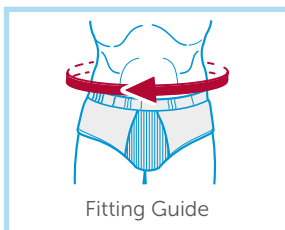
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QDOIL/05Rev.0

Ultra Lumbar Support

EXPRESS



Fitting Guide

Indications

LBP, Lumbar Support, Sciatica, Post Surgery, OA.

Fitting Instructions

- Select the correct size support using the measurements provided.
- Contour the four supporting stays as required.
- Attach the removable EVA cushion pad to rear if desired.
- Hold the garment with both hands and position around the lower back region.
- Ensure the garment is central with the back stays each side of the spine.
- Secure the main Velcro straps firmly utilising the finger loops for ease of use.
- Finally pull around the multiband elasticated straps for extra support and secure at front of the garment.

Care Instructions

- The washing instructions are on the label inside the garment
- Dry naturally and do not place near a heat source or use a tumble dryer.



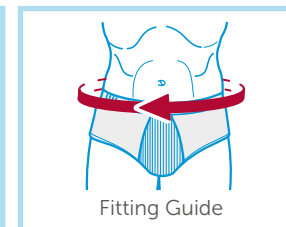
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ODOLL/06Rev.0

Velcro Attractive Elastic Ab Binder with Hernia Pad

EXPRESS



Fitting Guide

Indications

Abdominal Hernia, Abdominal Strains, Post Surgery.

Fitting Instructions

- Select the correct depth (9" or 12") as required.
- Hold the garment at both sides and wraparound your lower back region.
- Overlap the garment at the front until it feels firm and supportive.
- Secure with the Velcro fastening.
- The hernia pad can be positioned over the hernia for extra compression.
- If you experience more discomfort when using the orthosis, remove and contact your healthcare professional.

Care Instructions

- The garment care instructions should be on the care label.
- Avoid drying in a tumble dryer or near a heat source.

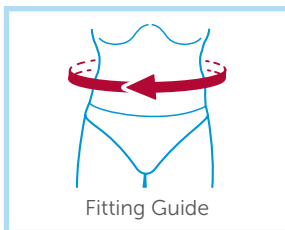


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ODOLL/07Rev.0

Multi-Band Elastic Abdominal Binder EXPRESS



Indications

Abdominal Hernia, Abdominal Strains, Post Surgery.

Fitting Instructions

- Universal sizing, one size fits all.
- Hold the garment at both sides and wrap around your lower back region.
- Overlap the garment at the front until it feels firm and supportive.
- Secure with the Velcro fastening.
- If you experience more discomfort when using the orthosis, remove and contact your healthcare professional.

Care Instructions

- The garment care instructions should be on the care label.
- Avoid drying in a tumble dryer or near a heat source.
- Contact your issuer if the orthosis needs replacing.



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QDOLL08Rev.0

Elastic / Neoprene 7" Wrist Brace EXPRESS



Indications

Post fracture, Carpal Tunnel Syndrome, RSI, RA/OA, Tendonitis.

Fitting Instructions

- Select the correct size brace using the measurements provided.
- Remove or contour the palm stay as required.
- Position the brace with the bar on the palm side of the hand.
- Ensure the end of the brace is no higher than your MCJ's (knuckles).
- Secure the velcro straps on the dorsal (upper) side of the forearm and hand.
- Ensure the straps are firm but not too tight.

Care Instructions

- The brace can be washed by hand in soapy water.
- Dry the orthosis naturally and away from direct heat.
- Contact your issuer if the orthosis needs replacement.



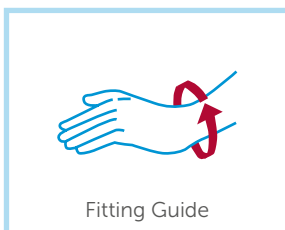
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QDOLL09Rev.0

Neoprene Wrist & Thumb Brace

EXPRESS



Fitting Guide

Indications

Post fracture, Carpal Tunnel Syndrome, RSI, RA/OA, Tendonitis.

Fitting Instructions

- Select the correct size brace using the measurements provided.
- Remove or contour the palm and thumb stays as required.
- Position the brace with the bar on the palm side of the hand and push your thumb into the opening.
- Ensure the end of the brace is no higher than your MCJ's (knuckles).
- Secure the velcro straps on the dorsal (upper) side of the forearm and hand and also around the thumb.
- Ensure the straps are firm but not too tight.

Care Instructions

- The brace can be washed by hand in soapy water.
- Dry the orthosis naturally and away from direct heat.
- Contact your issuer if the orthosis needs replacement.



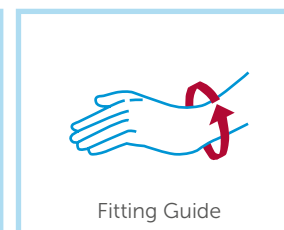
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QD01L10Rev0

Thumb Abduction Spica

EXPRESS



Fitting Guide

Indications

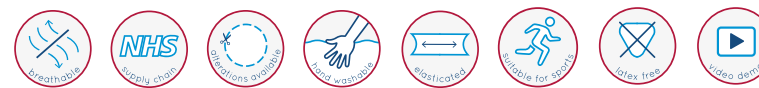
Functional immobilisation of the thumb, CMCJ arthritis or injury, Post trauma, Post surgery.

Fitting Instructions

- Select the correct size brace using the measurements provided
- Contour the thumb stay as required
- Fasten the velcro closure around the thumb and push your hand into the garment.
- Finally secure the closure around the wrist.
- Ensure the garment is firm but not too tight.

Care Instructions

- The brace can be washed by hand.
- Dry the orthosis naturally and away from direct heat.
- Contact your issuer if the orthosis needs replacing.



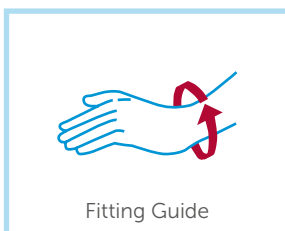
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QD01L11Rev0

Woven Elastic Wrist Wrap

EXPRESS



Indications

Tendonitis, Arthritis, Support following injury – sprains, twists, weaknesses, Hypermobility.

Fitting Instructions

- This support is universally sized, so one size fits all.
- This support is also bilateral in design, so it will fit either your left or right hand.
- Simply place thumb through hole, and wrap across the top of the hand, around the lateral side of wrist and back around to fasten with Velcro pads.
- Ensure the garment does not feel too slack or too tight.
- Usually worn for support during the day or whilst undertaking a sporting activity.
- Remove if any discomfort experienced.

Care Instructions

- Hand wash as care instructions on garment.
- Dry naturally away from a heat source.



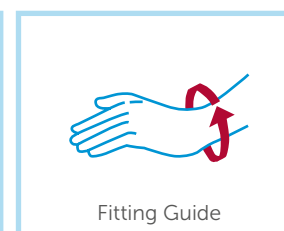
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QD011/12Rev.0

Pull-Tab Wrist Lacer

EXPRESS



Indications

Post fracture, Carpal Tunnel Syndrome, RSI, RA/OA, Tendonitis.

Fitting Instructions

- Please select the correct size brace using the measurements provided.
- Position the brace with the bar on the palm side of the hand.
- Thread your hand into brace and into position.
- The brace should be no higher than MCJ's or knuckles.
- Secure the fastening by pulling the lacer-tab until the brace feels firm but not too tight.
- Fasten Velcro enclosure and trim excess pull tab as required.

Care Instructions

- The brace can be washed by hand in soapy water.
- Dry the orthosis naturally and away from direct heat.
- Contact your issuer if the orthosis needs replacement.



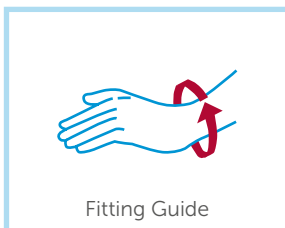
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QD011/13Rev.0

Comprexor Wrist Support

EXPRESS



Fitting Guide

Indications

RA, OA, Carpal Tunnel Syndrome, Tendonitis, RSI, Post Injury

Fitting Instructions

- Please select the correct size brace using measurements provided.
- Position the brace with the bar on the palm side of the hand and push your thumb into the opening.
- Ensure the end of the brace is no higher than your MCJ's (knuckles).
- Secure the velcro straps on the dorsal (upper) side of the forearm and hand and also around the thumb.
- Ensure the straps are firm but not too tight.

Care Instructions

- Dry naturally away from any heat source.
- Contact your issuer for a replacement if required.



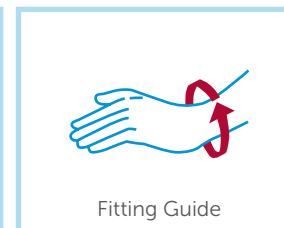
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QDOL14Rev0

Thumb Immobilising Brace

EXPRESS



Fitting Guide

Indications

Functional immobilisation of the thumb, CMCJ arthritis or injury, Post trauma, Post surgery.

Fitting Instructions

- Please select the correct size brace using measurements provided.
- Position the brace with the bar on the palm side of the hand and push your thumb into the opening.
- Ensure the end of the brace is no higher than your MCJ's (knuckles).
- Secure the velcro straps on the dorsal (upper) side of the forearm and hand and also around the thumb.
- Ensure the straps are firm but not too tight.

Care Instructions

- The brace can be washed by hand.
- Dry the orthosis naturally and away from direct heat.
- Contact your issuer if the orthosis needs replacement.



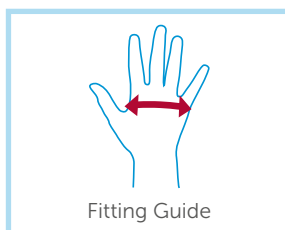
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QDOL15Rev0

Resting / Hand Positioning Splint

EXPRESS



Fitting Guide

Indications

Positioning hand and wrist, Contracture management, Post op use, Progressive stretching.

Fitting Instructions

- Please select the correct size splint using the measurements provided.
- Open all the straps on the hand splint and shape the wrist and thumb section as required.
- Lay your hand onto the orthosis and first tighten the wrist strap, then the forearm strap.
- Do not force your hand into a position to fit the orthosis.
- Manipulate the fingers and thumb into position and then fasten the straps.
- The finger separators can be removed if not required.
- Ensure the hand is in a comfortable position and causing no discomfort. If so the orthosis can be easily adjusted often without taking it off.

Care Instructions

- The splint can be wiped over with a damp cloth to remove minor stains.
- The cover is removable and comes with a spare to allow washing. Instructions are with the orthosis.
- Dry naturally away from any heat source.



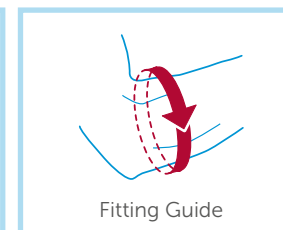
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QDOL16Rev.0

Range of Motion Elbow Brace

EXPRESS



Fitting Guide

Indications

Controlled range of motion of the elbow, Post surgery, Post fracture, Contracture management.

Fitting Instructions

- One size brace that can be adjusted to fit a wide range of sizes.
- Set the hinge to the required range of motion by push button mechanism.
- Set the forearm and humeral sections to the correct length.
- Open all the straps and apply to patient, holding the arm as required, and with the hinge on the lateral side.
- Secure all the velcro straps securely and trim to length.
- Ensure the elbow is being held in the position required.
- To be worn as instructed by your clinician.

Care Instructions

- The brace can be wiped over with a damp cloth or sponge.
- Avoid storing the brace near a heat source.
- Contact your clinician if any adjustments are required.



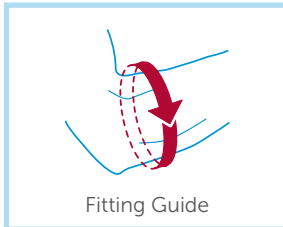
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QDOL17Rev.0

Woven Elastic Elbow Support with Gel Inserts

EXPRESS



Fitting Guide

Indications

Local trauma, Lateral and Medial Epicondylitis, Protection and compression.

Fitting Instructions

- Please select the correct size support using the measurements provided.
- Simply pull on the sleeve with the gel inserts positioned on the medial and lateral side of the elbow joint – the gel pads should rest just below the joint.
- Ensure the sleeve is not too loose or tight.
- Mainly used for protection during the day.

Care Instructions

- Hand wash the sleeve in warm water.
- Dry naturally away from a heat source.
- Contact your issuer for a replacement as required.



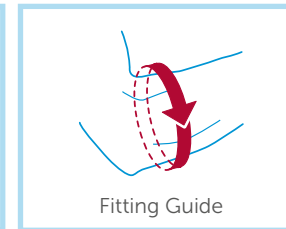
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QDOIL/18Rev.0

Epi Clasp

EXPRESS



Fitting Guide

Indications

Medial and lateral Epicondylitis, Tendonitis.

Fitting Instructions

- One size orthosis fits all. Bilateral design fits both left and right arm.
- Position the strap approximately 25mm below the elbow joint over the muscle belly.
- The silicone pads are positioned on the inside and outside of the forearm to provide protection and compression. Position pads as required.
- Pass the strap through the D-loop and tighten until secure.
- If you experience any tingling in hands or fingers loosen the orthosis.

Care Instructions

- The orthosis can be wiped with a cloth and soapy water.
- Dry naturally with a towel.
- Do not dry near a heat source.



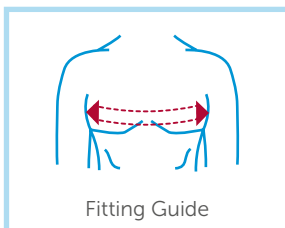
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QDOIL/19Rev.0

Bilateral Shoulder Immobiliser

EXPRESS



Indications

Support following injury, Stroke, Rotator Cuff injury, Post surgery.

Fitting Instructions

- Please select the correct size support using the measurements provided. It will fit both left and right arms/shoulders.
- The brace can be fitted directly onto the arm/shoulder or over a thin vest or T-shirt.
- Thread the arm through the cuff and pull up onto the shoulder joint, ensuring a snug fit.
- Secure the chest strap to the D-loop at the back of the shoulder and pass under the opposite axilla, back across the chest and fasten onto the D-loop at the front of the shoulder.
- The reinforcement straps can be also attached to help increase force and locate the shoulder.

Care Instructions

- The orthosis can be hand washed.
- Dry naturally away from an heat source.
- Contact your issuer for a new device if needed.



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QDOL/20Rev.0

Universal Foam Sling

EXPRESS



Indications

Shoulder or arm support, CVA, Post surgery, Post Injury.

Fitting Instructions

- One size orthosis fits all.
- Hold the arm in a supported position.
- Place the arm into the forearm cuff and fasten the straps.
- Attach the shoulder strap to the posterior D-loop and pass over the shoulder. Fasten through the D-loop near the wrist area.
- Tighten this strap to elevate the arm as required.
- The abdominal band can be used to secure the arm to the body.

Care Instructions

- The orthosis can washed at low temperature.
- Dry naturally away from direct heat.
- Contact your issuer for a replacement as required.

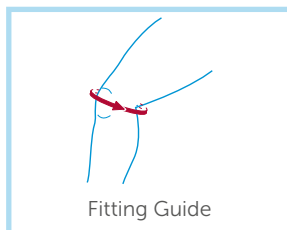


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QDOL/21Rev.0

12" / 16" Avenger Hinged Knee Brace EXPRESS



Indications

Increased medial/lateral stability, OA/RA, Mild to moderate hyperextension and knee stability, Compression and joint warmth.

Fitting Instructions

- Please select the correct size brace using the measurements provided.
- Shape the side hinges if required.
- Front fastening knee brace.
- Open the velcro fastenings and open the brace.
- Place the brace around the leg with the label at the top and back and the posterior cut out behind the knee.
- Close the brace ensuring the kneecap is visible through the hole at the front.
- Tighten the brace by fastening the thigh and calf straps by passing through the D-loops and tightening.
- When fastened ensure it is possible to bend the knee fully.

Care Instructions

- The brace is washable at 40deg or hand wash.
- Dry naturally avoid a direct heat source.
- Contact your issuer for a replacement as required.

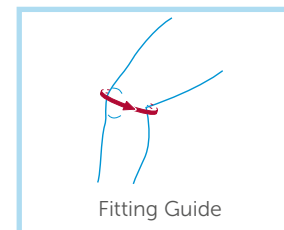


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QDOIL/22Rev.0

Neoprene Knee Sleeve EXPRESS



Indications

Mild Instabilities, Compression and warmth, OA/RA, Sports use post injury.

Fitting Instructions

- Please select correct size support using the measurements provided.
- Simple pull on brace.
- Pass foot into the brace with the patella hole at the front and pull up over the knee.
- Patella must be visible for correct alignment.
- Ensure the brace is not too loose or tight.

Care Instructions

- The brace can be hand washed in warm soapy water with mild detergent.
- Dry the garment naturally away from a direct heat source.
- Contact your issuer for a replacement as required.



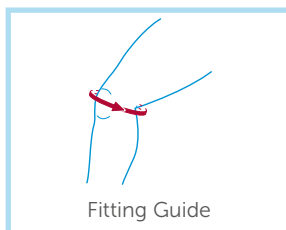
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QDOIL/23Rev.0

Woven Elastic Knee Support with Spiral Stays

EXPRESS



Indications

Mild Instabilities, Compression and warmth, OA/RA, Sports use post injury.

Fitting Instructions

- Please select correct size support using the measurements provided.
- Simple pull on design.
- Pass foot into the support with the patella marking at the front and pull up over the knee.
- Patella must be aligned in the centre of the brace
- Spiral stays should be positioned either side of the knee.
- Ensure the brace is not too loose or tight.

Care Instructions

- The brace can be hand or machine washed at low temp.
- Dry the garment naturally away from a direct heat source.
- Contact your issuer for a replacement as required.



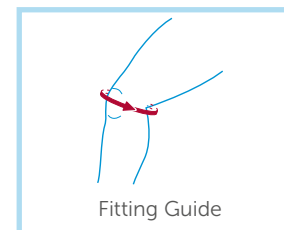
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QDOL/24Rev.0

Woven Elastic Knee Support with Gel Buttress

EXPRESS



Indications

Mild Instabilities, patella alignment, Compression and warmth, OA/RA, Sports use post injury.

Fitting Instructions

- Please select correct size support using the measurements provided.
- Simple pull on design.
- Pass foot into the support with the patella marking at the front and pull up over the knee so that gel buttress is positioned suitably around knee cap.
- Patella must be aligned in the centre of the brace.
- Spiral stays should be positioned either side of the knee.
- Ensure the brace is not too loose or tight.

Care Instructions

- The brace can be hand or machine washed at low temp.
- Dry the garment naturally away from a direct heat source.
- Contact your issuer for a replacement as required.

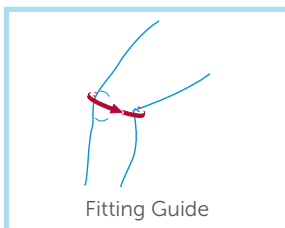


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QDOL/25Rev.0

Avenger ROM Knee Brace



Indications

Increased medial/lateral stability, OA/RA, Mild to moderate hyperextension and knee stability, Compression and joint warmth, Range of Motion Control.

Fitting Instructions

- Please select the correct size using the measurements provided.
- Front fastening knee brace.
- The ROM hinge can be set and altered as your rehab progresses.
- The ROM hinge can be set by clicking open the knee hinge and simply adjusting the position of the pins then clicking the hinge shut.
- Open the velcro fastenings and open the brace.
- Place the brace around the leg with the label at the top and back and the posterior cut out behind the knee.
- Close the brace ensuring the kneecap is visible.
- Tighten the brace by fastening the thigh and calf straps by passing through the D-loops and tightening.
- When fastened ensure it is possible to bend the knee fully.

Care Instructions

- The brace can be hand washed in warm water with mild detergent.
- Ensure the hinge is removed before washing.

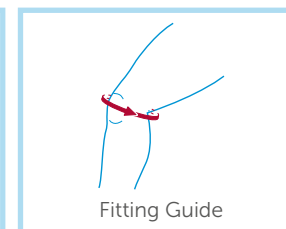


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QDOIL/26Rev.0

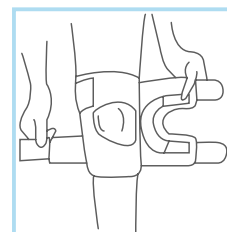
Patella Extra Knee Orthoses



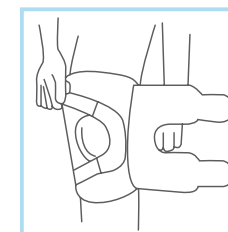
Indications

Mild Instabilities, Dislocating / subluxing patella, OA/RA, Patella alignment.

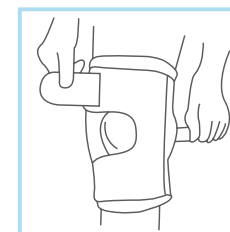
Fitting Instructions



Disengage all straps. Position egg-shaped opening over patella (knee cap) so that buttress (c-shaped pad) will rest on desired border of patella. Narrow end of opening should be closer to patella. Fasten inner (long) straps around extended leg.



Pull and fasten buttress straps to apply desired pressure against patella. While fastening buttress straps, pull tab under label to ensure optimum buttress performance. Make sure buttress is properly positioned against side of patella.



Pull and fasten outer straps to apply desired pressure against patella. Again, pulling tab under label with ensure optimum performance of outer straps.

Care Instructions

- The brace can be hand washed in warm soapy water with mild detergent.
- Dry the garment naturally away from a direct heat source.



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QDOIL/27Rev.0

Woven Elastic Thigh Support

EXPRESS



Indications

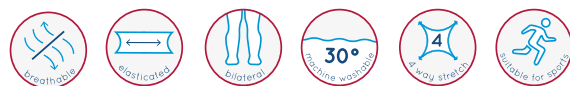
Sore calf, muscular pathologies, shin injuries, Compression and warmth, OA/RA, Sports use / preventative injury.

Fitting Instructions

- Please select correct size support using the measurements provided.
- Simple pull on design.
- Pass foot into the support and pull up leg to position above knee over thigh region.
- Ensure the support is not too loose or tight.

Care Instructions

- The support can be hand or machine washed at a low temperature.
- Dry the garment naturally away from a direct heat source.
- Contact your issuer for a replacement as required.



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QDOL/28Rev.0

T: 02920 370696

F: 02920 370 697

Woven Elastic Calf Support

EXPRESS



Indications

Sore calf, muscular pathologies, shin injuries, Compression and warmth, OA/RA, Sports use / preventative injury.

Fitting Instructions

- Please select correct size support using the measurements provided.
- Simple pull on design.
- Pass foot into the support and pull up leg to position above ankle over calf region.
- Ensure the support is not too loose or tight.

Care Instructions

- The support can be hand or machine washed at a low temperature.
- Dry the garment naturally away from a direct heat source.
- Contact your issuer for a replacement as required.



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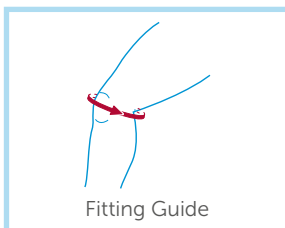
QDOL/29Rev.0

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3 Panel Knee Immobiliser

EXPRESS



Fitting Guide

Indications

Post trauma, Post op management, Maintain knee extension.

Fitting Instructions

- Please select the desired length of brace as required.
- Open all the straps and place the orthosis open on a bed.
- Position the leg on the brace and line the knee cap with the knee cut out and close up the brace.
- The brace comes in 3 sections and can be adjusted for size by removing the side panels and repositioning.
- Once adjusted fasten all straps ensuring the patella is visible through the knee aperture at the front.
- The posterior reinforcing steels can be bent if more knee flexion is required.

Care Instructions

- The immobiliser can be hand washed in mild detergent.
- Dry naturally away from direct heat.
- Contact your issuer for a replacement if required.



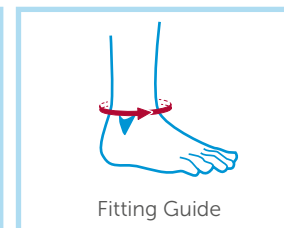
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QDOIL/30Rev.0

Air-Gel Ankle Stirrup

EXPRESS



Fitting Guide

Indications

Acute soft tissue injury, Medio-lateral ankle instability, Post CVA, Post surgery.

Fitting Instructions

- Ensure the gel pads are fixed to the inside of the medial and lateral shells.
- Adjust the posterior heel strap to ensure correct width and a snug fit.
- Position the shells each side of the ankle and wrap around the velcro straps to fasten.

Care Instructions

- The brace can be wiped over with a damp cloth or sponge.
- Dry the brace naturally away from direct heat.

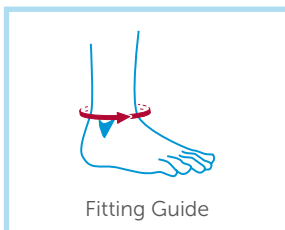


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QDOIL/31Rev.0

Woven Elastic Ankle Support with Gel Pads



Fitting Guide

Indications

Mild compression and light support, Sporting use, Minor ankle instabilities, OA/RA, Minor trauma.

Fitting Instructions

- Please select correct size from measurements provided.
- Simple pull on sock design, just slide up over the foot.
- Position lateral gel pads so that they protect ankle bones.
- Ensure the sock is not too loose or tight.
- Mainly used for daytime functional use.

Care Instructions

- The sock can be hand washed in warm soapy water.
- Dry naturally avoid direct heat sources.



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QDOL/32Rev.0

Standard Ankle Foot Orthosis



Indications

Flaccid drop foot, CVA, Multiple Sclerosis, Nerve injury.

Fitting Instructions

- Please select the correct size of orthosis required using the measurements provided.
- The orthosis must be worn in an appropriate shoes with a velcro or lace fastening.
- Remove any insoles that are already in the shoes and place the AFO in the shoe.
- Ensure the shoe is fastened securely and also fasten the calf strap.
- Walk in the AFO to ensure good foot clearance and no discomfort.
- The AFO can be heat moulded to relieve any pressure areas but only by a qualified clinician.

Care Instructions

- The AFO can be wiped over with a damp sponge or cloth.
- The calf padding can be hand washed by dry naturally avoiding direct heat.
- Contact your healthcare professional for further advice.



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QDOL/33Rev.0

Plantar Fasciitis Night Splint

EXPRESS



Indications

Positioning and stretching, Plantar fasciitis, Contracture management, Achilles tendonitis, Post surgery/injury.

Fitting Instructions

- Please select correct size of orthosis using measurements provided.
- Open all straps on the device and loosen the side straps.
- If possible with the knee bent, position the leg and foot in the orthosis ensuring the heel is right at the bottom.
- Now refasten the straps starting with the heel strap and working up the leg. Engage the clips and tighten the straps to ensure the foot is held securely in the orthosis and the heel is not able to lift out.
- Finally tighten the side straps ensuring slight tension on the straps.
- The device is meant as a resting splint and walking in the orthosis should be avoided as much as possible.

Care Instructions

- The rigid parts can be wiped over with a damp cloth.
- The liners can be removed and hand washed.
- Dry naturally away from any heat source.
- Contact your issuer if the device needs adjustment or replacement.



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QDOIL/34Rev.0

Dorsal Night Splint

EXPRESS



Indications

Plantar Fasciitis, General Heel pain, Achilles Tendonitis, Positioning and stretching, Drop foot.

Fitting Instructions

- Please select the correct size splint required using the measurements provided.
- Loosen all straps to allow the foot room to pass into the brace.
- Push the foot into the brace with the rigid section positioned along the shin area.
- When positioned correctly the toes should extend just past the front shell.
- The AFO is set at 90deg but simply bending the front plate to the desired position can alter the angle.
- Fasten all the straps ensuring the foot is held securely in position.
- It is possible to walk in the device but please be aware of tripping.

Care Instructions

- The orthosis can be wiped over with a damp cloth or anti-bacterial wipe.
- Avoid drying near a heat source.



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QDOIL/35Rev.0

Ultra Air Walker Boot

EXPRESS



Indications

Post surgery ankle stabilisation, Ankle fracture, TA ruptures, Ligament injuries and tendon transfers, Foot surgery.

Fitting Instructions

- Please select correct size of boot using measurements provided.
- Remove the boot from its packaging and remove the front shell.
- Open the foam bootee and slide in the leg and foot.
- Adjust the position of the toe protector so it sits just beyond the toes.
- Close the bootee and ensure it is wrapped snugly around the leg. If the bootee wraps too far around change for a smaller size
- Fasten all velcro straps starting with the foot strap and working up the leg. The tightness of the straps can be adjusted as required.
- Inflate the Air Bladders by pumping the Air bulb. The foot should feel comfortable and fully supported but not overtight. If inflated too far deflate using the smaller button underneath the pump.
- When removing the boot just undo the velcro straps, deflate the air bladders but leave the foam bootee in position and just slide the foot out.
- Repeat the process above when re-applying.

Care Instructions

- The rigid parts of the brace can be wiped over with a damp cloth.
- The foam bootee can be hand washed in soapy warm water.



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QDOIL/36Rev.0

Fixed Walker Boot

EXPRESS



Indications

Post surgery ankle stabilisation, Ankle fracture, TA ruptures, Ligament injuries and tendon transfers, Foot surgery.

Fitting Instructions

- Remove the boot from its packaging and detach the foam bootee. Do not remove the covers from the uprights at this stage.
- Open the foam bootee and slide in the leg and foot.
- Close the bootee and ensure it is wrapped snugly around the leg. If the bootee wraps too far around change for a smaller size.
- Ensure the covers are still on the metal uprights and place the foot into the foot section and align the uprights in the midline of the leg.
- When in correct position remove the plastic covers and stick the uprights to the foam bootee.
- Fasten all velcro straps starting with the foot strap and working up the leg. The tightness of the straps can be adjusted as required.
- When removing the boot just undo the velcro straps but leave the foam bootee in position and just slide the foot out.

Care Instructions

- The rigid parts of the brace can be wiped over with a damp cloth
- The foam bootee can be hand washed in soapy warm water



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QDOIL/37Rev.0

Post-Op Open Toe Standard Shoe



Indications

Accommodation, Ulcer management, Post Op, Oedema.

Fitting Instructions

- Please select the correct shoe size required.
- Simply open the velcro fastening and place the foot into the shoe.
- Secure the velcro fastenings firmly and trim off any excess strap.
- Leave enough length on the straps in case of an increase in volume of the foot.
- Ensure the toes do not extend past the end of the shoe.
- The shoe is meant mainly for indoor use but can be worn outdoors in dry conditions.

Care Instructions

- The shoes can be wiped over with a damp cloth or anti-bacterial wipe.
- Avoid immersing in water and dry naturally in the shoe gets wet.
- Contact your issuer for a replacement if required.



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QDOLL38Rev.0

T: 02920 370696

F: 02920 370 697

Post-Op Closed Toe Standard Shoe



Indications

Accommodation, Ulcer management, Post Op, Oedema.

Fitting Instructions

- Please select correct shoe size required.
- Simply open the velcro fastening and detachable strap if required and place the foot into the shoe.
- Secure the velcro fastening and strap firmly and trim off any excess strap.
- Leave enough length on the straps in case of an increase in volume of the foot.
- Ensure the shoe is the correct length by checking the toe end.

Care Instructions

- The shoes can be wiped over with a damp cloth or anti-bacterial wipe.
- Avoid immersing in water and dry naturally in the shoe gets wet.
- Contact your issuer for a replacement if required.



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QDOLL39Rev.0

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Post-Op Heel /Toe Weight Bearing Shoe



Indications

Post surgery uses to offload the forefoot or heel area, Ulcer management, Post injury and fracture, General offloading.

Fitting Instructions

- Your clinician will indicate the correct size of shoe required.
- Simply open the velcro fastening and place the foot into the shoe.
- Secure the velcro fastenings firmly and trim off any excess strap.
- Leave enough length on the straps in case of an increase in volume of the foot.
- Ensure the toes do not extend past the end of the shoe.
- The shoe is meant mainly for indoor use but can be worn outdoors in dry conditions.
- A thick sole shoe on the contralateral foot should be worn to improve balance.

Care Instructions

- The shoes can be wiped over with a damp cloth or anti-bacterial wipe.
- Avoid immersing in water and dry naturally.
- Contact your clinic for a replacement if required.



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QD011/40Rev.0

Therapeutic Neoprene Shoe



Indications

Accommodation of foot deformities, Ulcer management, Post Op, Oedema, Over Dressings, Neuropathic Feet.

Fitting Instructions

- Please select correct shoe size as required.
- Open the velcro fastening and place your foot into the shoe.
- Secure the velcro fastening but do not trim the straps to allow for any increase in swelling.
- Walk in the shoe ensuring adequate width, depth and length.
- The shoe can be worn indoors and out but avoid getting too wet.
- Insoles can be used as long as sufficient depth is available.

Care Instructions

- The shoes can be machine-washed but remove any insoles first. They must be dried naturally away from direct heat.



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QD011/41Rev.0

Therapeutic Comfort Shoe / Slipper

EXPRESS



Indications

Accommodation of foot deformities, Ulcer management, Post Op, Oedema, Over Dressings, Neuropathic Feet.

Fitting Instructions

- Please select the correct shoe size required.
- Simply open the rear & dorsal velcro fastenings and place the foot into the shoe.
- Secure the velcro fastenings firmly.
- Do not cut the straps, allowance must be made for an increase in swelling.
- Ensure enough space is left at the toe end.
- The shoe is meant mainly for indoor use but can be worn for limited use outdoors in dry conditions.
- Insoles may be added if sufficient depth is available.

Care Instructions

- The shoes can be machine-washed but must be dried naturally away from direct heat.



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QDOIL/42Rev.0

T: 02920 370696

F: 02920 370 697

Gel Achilles / Ankle / Bunion Relief Sleeve

EXPRESS



Indications

Mild compression and light support, Pain Relief (Bunion, Ankle, Achilles), Tendonitis, prevention of friction, Minor trauma, wound protection.

Fitting Instructions

- Please select correct size from measurements provided.
- Simple pull on design, slide up toe / foot and ensure gel pads are located in correct position as indicated in the images.
- Ensure the sleeve is not too loose or tight.
- Suitable for daytime functional use.

Care Instructions

- The sleeve can be hand washed in warm soapy water.
- Dry naturally avoid direct heat sources.



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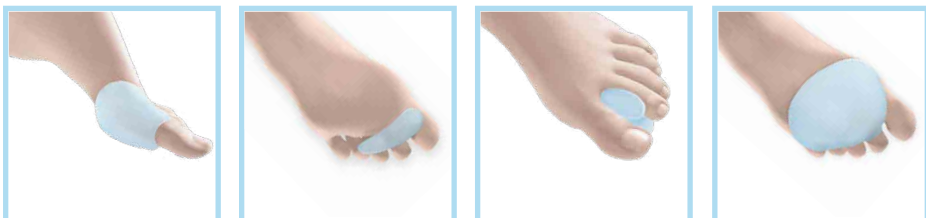
QDOIL/43Rev.0

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Gel Bunion Shield / Toe Crest / Toe Spreader / Metatarsal Cushion

EXPRESS



Indications

- Bunion Shield; bunion discomfort & friction.
- Toe Crest; claw or hammer toe discomfort.
- Toe Spreader; toe alignment, friction & discomfort.
- Met Cushion; shock absorbance, metatarsalgia, discomfort.

Fitting Instructions

- Bunion Shield; select appropriate size and slide either big toe or 5th digit toe through loop hole, positioning gel shield over bony prominence.
- Toe Crest; select appropriate size, position pad under affected toes, ensuring appropriate toe passes through digit loop.
- Toe Spreader; select appropriate size and position between toes as required.
- Met Cushion; select correct size and slide appropriate toe (typically 2nd or 3rd digit) through loop positioning pad over metatarsal region of the foot.

Care Instructions

- All can be washed in soapy water to clean.
- Dry naturally away from a direct heat source.
- Contact your issuer for any replacements as required.



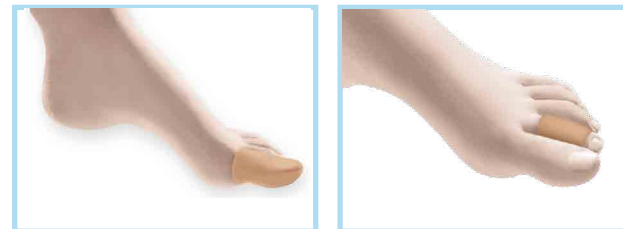
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QD01L/44Rev.0

Gel Lined Digital Caps / Tubing

EXPRESS



Indications

Protection & relief for corns, calluses, nails, hammer toes, partially amputated digits, scar tissue reduction.

Fitting Instructions

- Select desired size according to diameter of affected toe.
- Trim or cut cap/tubing to desired length/shape.
- Slide cap/tubing over affected toe ensuring snug fit.
- Mineral gel coating should be positioning against skin.
- Ensure not too tight or loose.

Care Instructions

- Avoid submerging in water, dab with damp cloth.
- Dry naturally away from a direct heat source.
- Contact your issuer for any replacements as required.



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QD01L/45Rev.0

Full & 3/4 Length Silicone Insoles

EXPRESS



Full Length



3/4 Length

Indications

Metatarsalgia, Calcaneal spurs, Plantar Fasciitis, Diabetic foot, General foot and arch ache, Plantar cushioning.

Fitting Instructions

- Please select the correct size of insole required.
- The insoles should be worn in appropriate footwear with enough width and depth.
- Remove any insoles that are already in your shoes.
- Place the silicone insoles into your shoe; the full-length version may need to be trimmed to fit.
- Ensure the insole feels comfortable and your shoes are not too tight. You may have to buy slightly bigger shoes to accommodate the insoles.
- Initially check your feet regularly for any signs of rubbing and discontinue use if any issues arise.

Care Instructions

- The insoles can be washed in soapy water to clean.
- Dry naturally away from a direct heat source.
- Contact your issuer for any replacements as required.



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QDOL/46Rev.0

Silicone Heel Cup & Wedge with soft spot

EXPRESS



Heel Cup



Heel Wedge

Indications

Heel spurs, Plantar Fasciitis, Severs Disease, Heel Pain, Achilles Tendonopathy, Heel raises.

Fitting Instructions

- Please select the correct size and thickness required.
- The heel pads should be worn in appropriate footwear with enough depth to prevent the heel slipping out.
- Remove any insoles already in the footwear.
- Place the heel pads in the shoes positioning against the back of the heel and fasten.
- Walk in the shoes to ensure no heel slippage.

Care Instructions

- The heel pads can be washed in soapy water to clean.
- Dry naturally away from a direct heat source.
- Contact your issuer for any replacements as required.



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QDOL/47Rev.0

Gel Heel Spur Cushion

EXPRESS



Indications

Heel spurs, Plantar Fasciitis, Heel Pain, Achilles Tendonopathy, Heel raises.

Fitting Instructions

- Please select the correct shoe size required.
- The heel pads should be worn in appropriate footwear with enough depth to prevent the heel slipping out.
- Ensure the fabric cover is topside up and pull away underside plug if desired.
- Place the heel pads in the shoes positioning against the back of the heel and fasten.
- Walk in the shoes to ensure no heel slippage.

Care Instructions

- The heel pads can be washed in soapy water to clean.
- Dry naturally away from a direct heat source.
- Contact your issuer for any replacements as required.



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QDOIL/48Rev.0

Adjustable 5 Layer Heel Elevator

EXPRESS



Indications

Achilles tendon rehabilitation, Post trauma, Post Op, Leg length discrepancies, Fixed Equinus.

Fitting Instructions

- Please select the correct size and thickness of raise required.
- The elevator adjusts from 15mm to 3mm and can be used inside footwear or walker boots.
- The layers just peel away from the underside, so that the fabric cover remains on the top.
- The thickness may need to alter during your rehab, depending on the condition being treated.
- When fitting into your own footwear ensure the footwear has enough depth to prevent your heel slipping out, boots can be useful.
- Remove any existing insoles or place the elevator underneath.
- Secure your shoe fastening securely to prevent slipping at the heel.

Care Instructions

- The insoles can be washed in soapy water to clean.
- Dry naturally away from a direct heat source.
- Contact your issuer for any replacements as required.



Any orthosis purchased from Orthotix and fitted by anyone other than a qualified healthcare professional does so at their own risk. Orthotix is not liable for any damages incurred through ill-fitted or inappropriate product, if in doubt you should contact a suitable professional for further advice.



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