

USE & CARE INSTRUCTIONS

- ✓ Hand wash the softgoods in warm water using mild soap
- ✓ Air dry at room temperature
- ✓ Do not machine wash
- ✓ Do not use artificial heat to dry
- ✓ When not in use, store brace in a moderate temperature environment (50° - 80°F)

REPLACEMENT & UPGRADES

Replacement and/or upgraded padding and straps can be purchased from your practitioner or online at

 www.thriveorthopedics.com

MANUFACTURED FOR THRIVE ORTHOPEDICS, LLC

 387 Ridge Point Drive
Carmel, IN 46032

 484-442-0494

 Thriveorthopedics.com

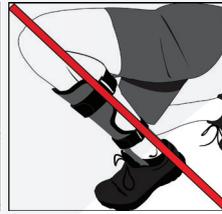
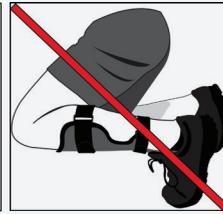
 sales@thriveorthopedics.com

 [thriveorthopedics](https://www.instagram.com/thriveorthopedics)

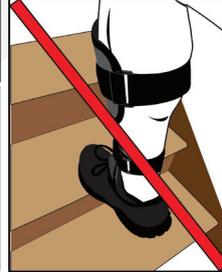
Made in China 08/2023 - V.1

WARRANTY LIMITATIONS

HIGHLY
LEVERAGED
SQUATTING
OR
KNEELING



OVERLOADING THE TOE
SECTION OF THE FOOTPLATE



WARRANTY only covers unaltered products fit and dispensed by medical professionals and registered per the instructions below

WARRANTY REGISTRATION

Within 30 days of receiving your device, please visit www.thriveorthopedics.com/warranty to register for warranty protection. Late registration may result in a voided warranty.

WARRANTY

Thrive Orthopedics LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of 6 months for softgoods and 2 years for the carbon fiber component from the date of purchase. Valid warranty claims only allow for a replacement of a device of the same size. For warranty claims, please utilize the following:

 www.thriveorthopedics.com/warranty

 sales@thriveorthopedics.com

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CAUTIONS



- Risk of accident is determined on a case by case basis and you should always consult your practitioner and or physician prior to determining your individual abilities when using this brace
- Appropriate Footwear - This product should only be worn with shoes that are deemed appropriate by your healthcare provider. Utilizing improper footwear can negatively impact the function and durability of this device. Utilize an appropriate interface on the footplate of the device as needed and recommended by your provider.
- Restricted blood flow - nerve palsy and/or restricted blood flow can occur if the brace is secured too tightly
- If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, discontinue use and immediately consult your medical professional
- This device is for single patient use only - Product wear, tear, and alterations make this product unsafe to be used by more than one patient per product lifetime
- This product was designed and manufactured to only be used in combination with the provided or licensed replacement straps, pads, and other softgoods
- Should any serious incident occur in relation to this device, it should be reported to the manufacturer at the contact information listed on this document and the proper authority of the country or state where you are located
- When treatment is complete, dispose of this device according to local laws and ordinances

F3 HERO AFO

By Thrive Orthopedics

F3 HERO PEDIATRIC AFO PROVIDER GUIDE

Dynamic Feedback Anterior Ankle Foot Orthosis



The F3 HERO PEDIATRIC DYNAMIC FEEDBACK AFO is designed to fit a wide range of patients without requiring any modifications. If custom modifications are required to suit a specific patient anatomy, please utilize the modification guide that follows.

PLEASE NOTE: Custom modifications are not explicitly recommended and may void the product warranty.

 WWW.THRIVEORTHOPEDICS.COM

SAFETY PRECAUTIONS

- ✓ Custom product modifications should only be performed by a licensed Orthotist, Prosthetist, or equivalent licensed healthcare professional with appropriate training, safety equipment, experience, tools, and facilities to perform such modifications safely
- ✓ Appropriate safety goggles, protective gloves, protective apparel, and dust-protection masks or facial coverings should be worn at all times when modifying the device to protect exposed skin, mouth, and eyes from carbon fiber splinters or debris
- ✓ All trimmed sections of the device must be professionally sanded and buffed to a smooth finish and cleaned prior to patient fitting
- ✓ Patients should never attempt to modify their own device and such patient modifications will automatically void the product warranty
- ✓ The Patient Instruction Guide provided with this device should be given to and reviewed with the patient

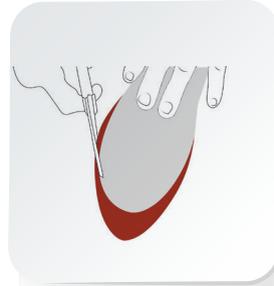
PRODUCT DISCLAIMER

This brace is a prescription product that should be used only with the guidance and expertise of a licensed professional, in accordance with the referring physician's treatment plan. Outcomes may vary based on factors such as unique anatomy, age, overall health, compliance or lack thereof with directions provided by manufacturer/practitioner/physician. Thrive Orthopedics does not make any specific recommendations regarding appropriate activities for the user of this product. You should IMMEDIATELY stop the use of this product and seek medical care if you experience any discomfort, redness, bruising, irritation, or blistering.

FOOTPLATE MODIFICATIONS



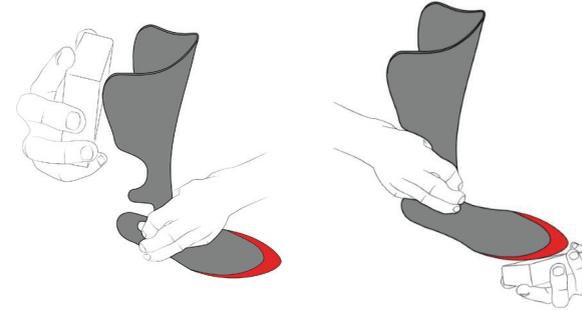
Trace the patient's insole over the AFO footplate



Using industrial tin snips or a dremel saw, trim the footplate to the template size and do not trim beyond red section

SMOOTHING & EDGING

All trimmed sections should be sanded and buffed to a smooth finish



Never dispense a brace with jagged edges on the cuff, footplate, or any modified area

CUFF MODIFICATIONS



Remove cuff padding to expose red trim sections



Trim red wing sections to desired width

PATIENT FITTING

Place AFO under insole of patient's shoe

Place patient insole on top of the footplate unless utilizing AFO in conjunction with an interface and custom orthotic.

Patient's shoe should have a closed heel and toe. Only footwear recommended by a medical professional for optimal compatibility, fit, and function for the patient's specific needs should be utilized with the F3 Hero Pediatric AFO

With shoelaces loosened, slide patient's foot into the shoe

Ensure that shoe has minimal distortion and footplate sits squarely on the sole

Fasten shoelaces or secure the shoe fastening device

Feed top and bottom straps through D-rings and secure firmly with an alligator tab. If straps are too long, remove alligator tab and trim to appropriate length. Secure alligator tab to trimmed end of strap

Check for proper fit and comfort level

There should be zero contact with the strut and patient's ankle

SKU	SIZE	HEIGHT	FOOTPLATE LENGTH
PASLT OR PASRT	SMALL	8 5/8"	6 1/4"
PAMLT OR PAMRT	MEDIUM	10 1/8"	7"
PALLT OR PALRT	LARGE	11 5/8"	7 7/8"
PAXLLT OR PAXLRT	EXTRA LARGE	12 3/8"	8 1/4"

FITTING RECOMMENDATIONS ARE BASED ON PREFABRICATED SIZES WITHOUT MODIFICATION

INDICATIONS

Footdrop, idiopathic toe walker with no mid-foot collapse, gait deviations secondary to proprioceptive deficit, muscular dystrophy, spastic diplegia

CONTRAINDICATIONS

- ✗ Quadriceps spasticity
- ✗ Fixed/non-correctable postural Pes Valgus or Pes Varus
- ✗ Limited range of motion towards dorsiflexion
- ✗ Very rigid foot structure
- ✗ Excessive postural Genu Valgum or Genu Varum
- ✗ Low-tone crouch gait
- ✗ Spine Bifida