



The Equinus Brace™ Instructional Guide

Note - Instructions are a general guide. Please always follow directions provided by your healthcare professional.



The Equinus Brace™ should be used one hour per day on each leg unless otherwise directed. Never walk in the brace as it was not designed to bear weight.

The goal of this product is to stretch specific areas of your calf muscle. This is primarily achieved by keeping the knee straight while flexing the foot upwards.

The Equinus Brace™ includes one toe wedge and one extra pad.



Start with leg and ankle straps open, leave foot straps pre-threaded.

Foot straps can be lowered for a smaller foot.



1. Sitting, insert foot into pre-threaded foot straps



If you choose to leave your brace in full extension set by your physician or if you have a smaller leg, you can start as shown below.



2. Fasten ankle strap, then foot strap closest to you, next place toe wedge under your big toe. Finally, fasten far foot strap.



3. Unlock lever on the back by flipping the switch up.



4. Extend the brace so one strap is above the knee and other is below. Lock into place by pushing lever down.



5. Fasten straps above and below knee.



We recommend resting leg on another chair or ottoman. Sit back, start the timer, and enjoy your favorite book, movie, or show!



To remove the brace, loosen knee straps and push post to the outside of your leg. This will allow you to bend your knee and remove ankle and foot straps.



Video Instructions can be found on www.youtube.com by searching “The Equinus Brace Instructions”

Indications for use:

The Equinus Brace™ is designed to treat plantar fasciitis and ankle joint contractures (also referred to as Equinus Deformity).

Contraindications:

Contraindications as per prescribing healthcare provider.

Cautions/Warnings:

1. This product is to be used under the guidance and/or supervision of a qualified medical professional. If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, discontinue use and immediately consult your medical professional.
2. Additional caution should be used for patients with diabetes, vascular deficiency and/or neuropathy. The skin and its circulation should be checked regularly. This device should not be placed on patients that are unable to communicate discomfort.
3. Do not machine wash.
4. Do not use artificial heat to dry.

Use & Care:

Hand wash the soft goods in warm water using mild soap. Allow them to air dry at room temperature. Do not use a washing machine to clean. Do not dry using artificial heat.

Set-Up Instructions for Medical Professionals:

1. Set the ankle hinge by removing the setscrew then disengage the peg of the inner boot from the outer boot to allow the hinge to be placed in the proper angle. The hinge may be set at 0°, 10°, or 20° angle of dorsiflexion.
 2. Replace the setscrew after the hinge has been snapped back into place at the appropriate degree of dorsiflexion.
 3. It is recommended to adjust the ankle hinge monthly as indicated until the patient has stretched to the point of full correction.
 4. The Gastrocnemius-Soleus Complex may be stretched if the posterior slide is extended above the knee. The Soleus may be stretched in isolation when the posterior slide is collapsed below the knee.
 5. The toe wedge should be used to engage the Windlass Mechanism. The wedge should be attached to the brace foot bed via velcro.
 6. It is recommended to have the patient stretch between 30-60 minutes daily.
 7. Ankle flexibility should be checked monthly and the ankle dorsiflexion adjusted accordingly.
 8. It is recommended to stretch the patient until the deformity is fully corrected. If the patient is prone to re-contracture (i.e. diabetics, athletes, etc.), then consider maintenance therapy one day per week to maintain deformity correction.
- Note* Every brace is packed with an additional pad, toe wedge, and adjustment too. Please use these at your discretion.

Rx Product:

Federal law (USA) restricts this device to sale by or on the order of a licensed healthcare professional.

Notice:

While every effort has been made to obtain maximum compatibility of strength, durability and comfort, there is no guarantee that injury/deformity will be prevented or subside through use of this product.

This device is for single patient use only.

Warranty:

IQ Med LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale. For warranty claims, please call (317) 771-4319, write 387 Ridge Point Drive, Carmel, IN 46032, or email service.iqmed@gmail.com.

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Education videos for healthcare professionals can be found on www.fixequinus.com