



FS3000 FOOT DROP ORTHOTIC (AFO) DONNING INSTRUCTION & LACE CLIP FITTING





FS3000 - ON SHOE INSTALLATION INSTRUCTIONS

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We recommend stable shoes with robust fabric, firm heelcap, ridges on sole contour to hold the orthotic in place. Shoe must be fitted with laces, velcro, or any system to secure the foot firmly in the shoe.

Velcro shoe may require different method of lace clip fitting (for Velcro shoes, refer to 05 fitting document).

1



2



3



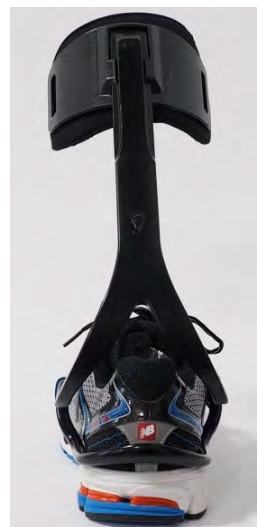
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5



6



www.turbomedorthotics.com

Turbomed Orthotics Inc 986 Émélie-Chamard Québec QC G1X 4V3 CANADA

info@turbomedorthotics.com

T: 001-418-563-8675



FS3000 - DONNING INSTRUCTIONS

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We recommend stable shoes with robust fabric, firm heelcap, ridges on sole contour to hold the orthotic in place. Shoe must be fitted with laces or velcro or any system to secure foot firmly in the shoe. Velcro shoes may require different method of lace clip fitting (for Velcro shoes, refer to 05 fitting document).

1



Install the orthotic on the shoe , open the calf band, loosen shoe laces and open shoe tongue widely.

2



Begin foot insertion by external lateral side of the orthotic.

3



If you need more room, Insert your foot while bending the brace far backward.

Don't Worry, It' won't break...You can help by pushing firmly your foot and shoe down.

4



Complete foot insertion and then slowly release calf support on your leg.

5



Tighten the shoe laces. It's important to lace tight around ankle to prevent foot from sliding inside the shoe. This will help maximize foot lift and lateral stability. Lower laces near lace clip level can be kept loose.

6



Tighten the calf band.

7



Install the opposite shoe and you are ready to GO!

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FS3000 - LACE-CLIP CUTTING, DRILLING & CARVING

LET YOUR IMAGINATION AND INVENTIVITY GO AHEAD!

ADAPT LACE CLIPS TO ANY EYELETS!

00

Lace clip fitting is made of very tough plastic. Lace clip has extra-material to allow a lot of rework. It is possible to drill all additional holes required. It's also possible to cut it at desired width and shapes.

Let your imagination and inventivity go ahead and adapt to any type of eyelets!!

Most important is that lace clip is strongly attach to the shoe and that front opening stays clear of any material that may interfere with orthotic insertion




Standard Lace clip have 4 Cutting Marks and 12 holes.



Cutting Marks

You can cut it with scissors, cutter plier or dremell tool.

You may use a plier to hold lace clip in place instead of holding it with your fingers, BE VERY CAREFULL!!! 



You can drill extra holes if you need to.

When drilling, Use a plier to hold lace clip in place
Never hold it with your fingers.



Grind smooth all corners

You can use Trutman sander or sandpaper.



Let your imagination and inventivity go ahead and adapt to any type of footwear.



FS3000 - COMMON LACE CLIP INSTALLATION SHOES WITH SOLID EYELETS BAND

01

We recommend stable shoes with firm heelcap, robust fabric and fitted with ridges on sole contour to hold the orthotic in place. **Avoid Minimalist shoes with very light fabric and thin sole.** Keep in mind that the orthotic uses the shoe to lift and stabilize the foot. Poor shoe sturdiness will impair and diminish orthotic behavior.

1



Hook the lace clip to the front of the orthotic and install temporarily on the shoe.

2



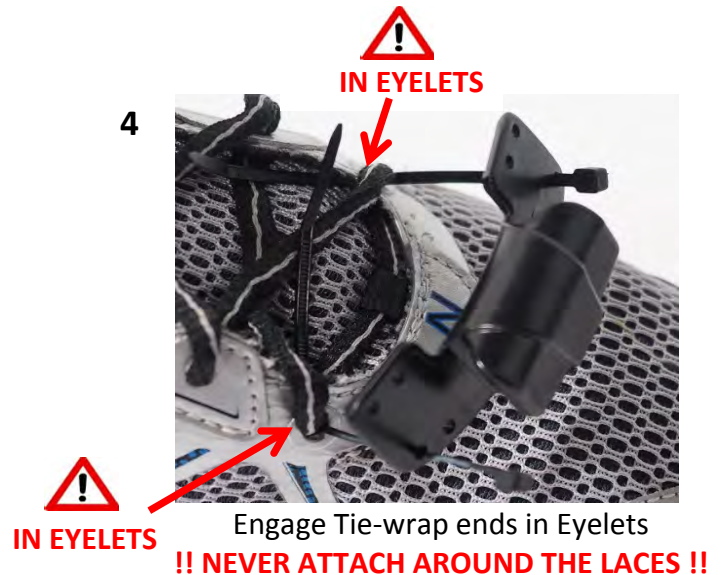
Validate that the lace clip is close to a set of eyelets.

3



Remove the lace clip from the orthotic and Install 2 Tie-Wraps in holes.

4



Engage Tie-wrap ends in Eyelets

!! NEVER ATTACH AROUND THE LACES !!

5



Engage the first Tie-wrap in the Square Ratchet Lock.

LET IT LOOSE, DONT FULLY TIGHTEN IT NOW

6



Engage the second Tie-wrap and install in rear corners or best fit position.

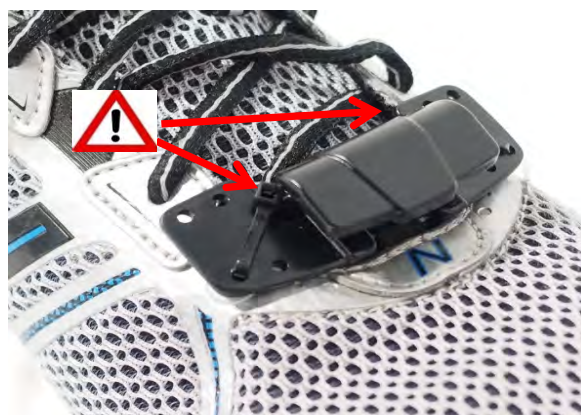
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Thighten both Tie-Wraps at maximum strenght.

STRONG FIXATION OF LACE CLIP IS IMPORTANT

8



CAUTION: Both Square Ratchet Locks must be at rear end of lace clip to avoid any interference with brace insertion.

9



Pull firmly on lace clip and validate that it's solidly anchored to the shoe.

STURDY FIXATION IS A KEY POINT TO ENSURE SAFE USE AND BEST BEHAVIOR OF THE ORTHOTIC

10



Cut remaining lenght of Tie-Wraps.

11



You are ready to proceed to final installation of FS3000 on your shoe (Refer to Donning Instructions)

We recommend stable shoes with with firm heelcap, robust fabric and fitted with ridges on sole contour to hold the orthotic in place. **Avoid Minimalist shoes with very light fabric and thin sole.** Keep in mind that the orthotic uses the shoe to lift and stabilize the foot. Poor shoe strudiness will impair and diminish brace behavior.

(NB, Asics, Brooks, Mizuno, Merrel, Salomon, Keen, Timberland and many other brand are perfect for the brace)



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info@turbomedorthotics.com

T: 001-418-563-8675

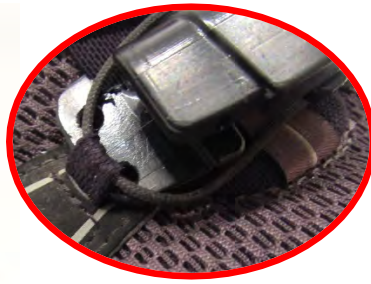


FS3000 - SHOES WITH FABRIC LOOP EYELETS TYPICAL FOR HIKING SHOES, HIKING BOOTS & SOME SNEAKERS

02



1



⚠ Goal will be to install Eyelet Loops over Lace clip !! ⚠



2

Engage both Tie-wrap ends in Eyelets



3



4

Engage both Tie-wrap ends in lace clip holes

If Lace clip looks too wide or too narrow, You can cut it and you can drill additional holes



5



Install Eyelet Loops over Lace clip !!

Engage Both Tie-Wraps in the Square Ratchet Lock.

LET THEM LOOSE, DONT FULLY TIGHTEN THEM NOW

6



⚠
Ensure that
Eyelet Loops
are installed
over Lace clip !!

7



Tighten first Tie-Wrap at maximum strength

Tighten second Tie-Wrap at maximum strength



Cut remaining length
of Tie-Wraps.

8

Ensure that Eyelet Loops are over Lace clip !!
Pull firmly on lace clip to validate that it's solidly anchored to the shoe.

STRONG FIXATION OF LACE CLIP IS IMPORTANT

9



⚠ ⚠
CAUTION: Both Square Ratchet Locks
must be at rear end of lace clip to
avoid any interference with orthotic
insertion.

We recommend stable shoes with firm heelcap, robust fabric and fitted with ridges on sole contour to hold the orthotic in place. **Avoid Minimalist shoes with very light fabric and thin sole (zero drop).**

Keep in mind that the orthotic uses the shoe to lift and stabilize the foot. Poor shoe sturdiness will impair and diminish orthotic behavior. (NB, Asics, Brooks, Mizuno, Merrel, Salomon, Keen, Timberland and many other brand are perfect for the orthotic)



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FS3000 - LEATHER DRESSED SHOES

TYPICAL FOR ANY STRONG FABRIC (LEATHER) SHOES
WITHOUT EYELETS OR EYELETS FITTED TOO HIGH ON FOOT

03

1



Engage lace clip on the brace and superimpose on the shoe to validate fitting position. Look that sole support is correctly fitted around sole contour.

2



Use a marker or pencil and mark lace clip hole's position on the shoe. We recommend to "stuff" the shoe with a cloth to have better accuracy on final fitting.

3



You can use a Leather Punch or a any sharp object to punch holes through shoe material.

!! BE VERY CAREFULL !!

4



Place 2 tie-wraps on lace clip then insert tie wrap ends in punched holes.

5



Engage Tie-wrap ends in square ratchet locks and tighten at maximum. Cut remaining length of tie-wraps.

6



Pull firmly on lace clip to validate solidity.
STRONG FIXATION OF LACE CLIP IS IMPORTANT



Install the brace
You are Ready to GO!



FS3000 - SHOES-BOOTS WITH METALLIC/SOLID EYELETS

TYPICAL FOR HIKING BOOTS, SAFETY WORK BOOTS & SOME HIKING SHOES

04

1



Goal will be
to install



Metal Eyelets
over rear end
of Lace clip !!

Front opening must
stay clear for
orthotic insertion!!

2



You may need to measure internal eyelets
distance and modify lace-clip to allow perfect
fit under metallic eyelet. You can re-cut and drill
additional holes as shown if required.

3



Engage both Tie-wrap ends in rear lace clip holes
Note: To be able to maintain only back portion of lace clips
under metal eyelets. You may need to drill extra holes
between existing rows.

4



Install lace clip on the boots and place lowest lace
behind lace clip so it stays clear from front opening.

5



6



Engage both Tie-wrap ends in metal eyelet.
You can use tweezers to help manipulation of tie-wrap ends.

7



8



Engage Both Tie-Wraps in the Square Ratchet Lock.

LET THEM LOOSE, DONT FULLY TIGHTEN THEM NOW

9



Tighten first Tie-Wrap at maximum strength.



Ensure that
Metal Eyelets
are installed
over rear end
of Lace clip !

Front opening
must stay clear
for orthotic
insertion!!

10



Tighten second Tie-Wrap at maximum strength.

11



CAUTION: Both Square Ratchet Locks
must be at rear end of lace clip to
avoid any interference with brace
insertion.

Ensure that Metal Eyelets are over Lace clip !!
Pull firmly on lace clip to validate that it's solidly
anchored to the shoe.

STRONG FIXATION OF LACE CLIP IS IMPORTANT



If Required, You can add 2 extra Tie-Wraps to ensure tight closing of eyelets together

12



Engage first Tie-Wrap in first eyelet.

13



Engage first Tie-Wrap in opposite eyelet.

14



Lengthen first Tie-Wrap with a second one.

15



Engage second tie-wrap end in the first one and tighten at maximum.

16



17



18



We recommend stable footwear with firm heelcap, robust fabric and fitted with ridges on sole contour to hold the orthotic in place. **Avoid Minimalist shoes with very light fabric and thin sole (zero drop).**

Keep in mind that the orthotic uses the shoe to lift and stabilize the foot. Poor shoe sturdiness will impair and diminish orthotic behavior. (NB, Asics, Brooks, Mizuno, Merrel, Salomon, Keen, Timberland and many other brand are perfect for the brace)

19





FS3000 - VELCRO LEATHER SHOES + BUMPS ADDITION

TYPICAL FOR STRONG FABRIC (LEATHER) SHOE WITHOUT EYELETS OR EYELETS FITTED TOO HIGH
TYPICAL FOR SHOE WITH LACK OF SOLE SUPPORT OR SOLE FITTED WITH FLAT VERTICAL SIDES

05

1



2



Superimpose orthotic+clip on the shoe and look that sole support is correctly fitted. Mark lace clip hole's position on the shoe.
We recommend to "stuff" the shoe with a cloth to have better accuracy on final fitting.

3



You can use a Leather Punch or a any sharp object to punch holes through shoe material.

!! BE VERY CAREFULL !!

4



Punch holes on marks through shoe material.

5



Place 2 tie-wraps on lace clip.

6




Insert tie wrap ends in punched holes.

7



Engage Tie-wrap ends in square ratchet locks and tighten at maximum.

CAUTION: Both 
Square Ratchet Locks
must be at rear end
of lace clip to avoid
any interference
with orthotic
insertion.

8



9



Insert orthotic in lace clip.

Cut remaining length of tie-wraps
Pull firmly on lace clip to validate solidity.

STRONG FIXATION OF LACE CLIP IS IMPORTANT

10



11



Sole has flat vertical
edges and no ridges
to support rear brace
support.

**Goal is to create
additional Ridges to
prevent brace from
goin downward.**

We suggest to use SUGRU
SUGRU is a sticky rubber compound
easy to find online. It's cheap and
usefull to repair many things.
It comes in many colors.

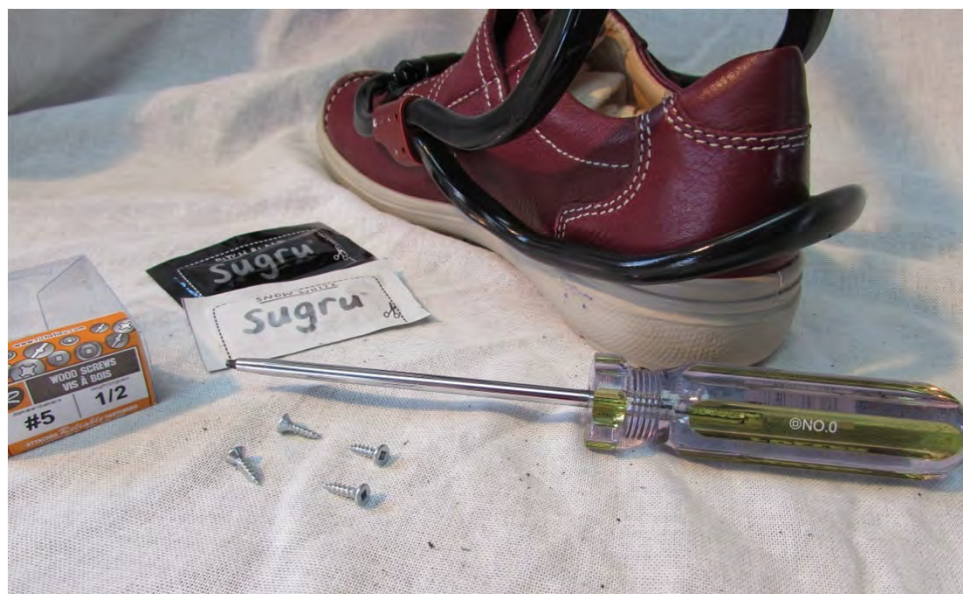
www.sugru.com

We also suggest to add 2
anchors per side to help Sugru
to grip correctly.

We use #5 Wood Screws 1/2"
Countersunk head.
You can use any other
countersunk head screws

**Sugru needs 12-24 hrs to
cure and dry.**

12



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13



14



Mark screw's location on both sides. We recommend to "stuff" the shoe for better accuracy on final fitting.



Install screws low enough, so they don't target and pinch the interior of the shoe.

CAUTION: If not installed correctly, Screws may hurt the foot and may disable watertightness of the shoe.

15



Screws must be installed in solid material of the sole.

16



Install 2 screws per side.
Open 1 bag of Sugru and split
in 2 equal portions.

17



Apply Sugru to cover
screw heads.

18



19



20

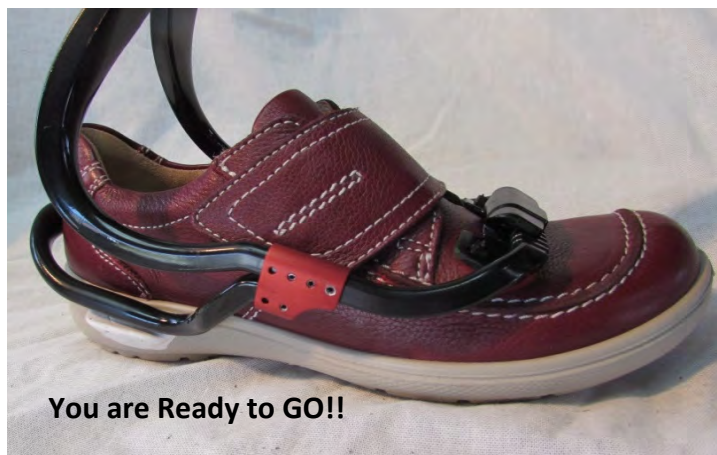


Form Sugru with your fingers to create ridges with
a flat spot on top. Try to create Ridges exceeding 3/8"-1/2"

Sugru needs 12-24 hrs to cure and dry.

21

You are Ready to GO!!



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FS3000 - HUNTING BOOTS (IRISHSETTER) SAFETY WORK BOOTS TYPICAL FOR LEATHER BOOTS (SAFETY BOOTS, HIKING & HUNTING BOOTS)

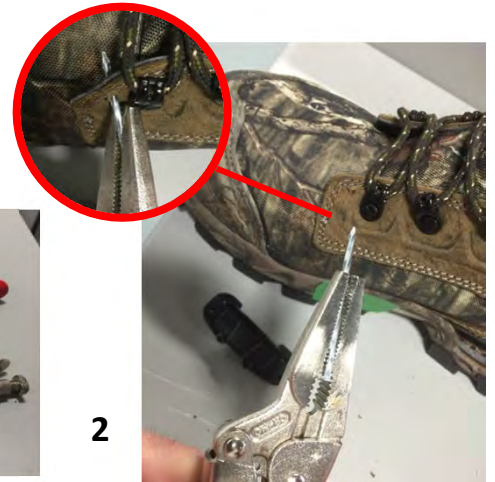
06



1



2



You can use a Leather Punch or a any sharp object to punch holes through shoe material.

!! BE VERY CAREFULL !!



3



4

Engage Tie-Wraps in punched holes and then in clip holes. Engage tie-wrap ends in ratchet lock, **!!Keep them loose for now!!!**



CAUTION: Lace clip front opening must be clear from any material to avoid any interference with brace insertion.



5

Ensure that Leather bands are over Lace clip and Thigthen both tie-wraps at maximum!!

Pull firmly on lace clip to validate that it's solidly anchored to the shoe.

STRONG FIXATION OF LACE CLIP IS IMPORTANT

6



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FS3000 - ADD RIDGES ON SOLE WITH FLAT VERTICAL SIDES- DC SHOES TYPICAL FOR SKATEBOARD SHOES (DC, VANS, CONVERSE, etc)

07

1



www.sugru.com



We suggest to use SUGRU.
SUGRU is a sticky rubber compound easy to find online. It's cheap and usefull to repair many things. It comes in many colors.

2



For anchors to help Sugru grip correctly, We use #5 Wood Screws 1/2" Countersunk head. You can use any other countersunk head screws.

3



4



Mark screw's location on both side and install 2 screws per side.



Install screws low enough, so they don't target and pinch the interior of the shoe.

CAUTION: If not installed correctly, Screws may hurt the foot and may disable watertightness of the shoe.

5



6

Form Sugru with your fingers to create ridge with a flat spot on top. Try to create Ridges exceeding 3/8"-1/2" .

Sugru needs 12-24 hrs to cure and dry.

7



You are Ready to GO!!



FS3000 - SANDALS - SPORTS STYLE- SELECTION & FITTING TIPS

TYPICAL FOR ANY STRONG FABRIC (LEATHER) SANDALS WITH RIGID STRAP CORRECTLY ALIGNED AT FRONT LIFT POINT - **REF SANDAL MODEL: ECCO CHEJA & YUCATAN**

08



Most often, lace clip installation can be achieved simply by wrapping Tie-Wrap around the front strap.

We suggest to keep front strap slightly loose and not too tight on top of foot. Perfect strap tension can be determined by trial and error before final lace clip



We recommend to use sandals that are fitted with a sturdy front strap aligned with front attachment member of the orthotic.



We recommend sole with bulky contour & fitted with ridges to support and prevent back from falling down. **Sole support must rest low enough to avoid lateral contact with the foot.**



If outer faces of the sole are too flat and vertical, you may need to create additional bumps with **SUGRU** and anchor screws (see 05 & 07 fitting documents).

In some occasions, you may need to punch holes in front strap to align lace clip perfectly with transversal axis of the sandal.

You can use a Leather Punch or any sharp object to punch holes through shoe material.

! BE VERY CAREFULL !



We also recommend that sandals are fitted with sturdy bracing straps that will handle longitudinal loads and prevent orthotic from moving rearward.

