

# High Top & Low Top Boot (Hinge & Thigh Attachment included)

Application Instructions CP020109 Rev. F 5/00



Council Directive 93/42/EEC  
of 14 June 1993 concerning  
Medical devices

## SUPERIOR SUPPORT WITHOUT CASTING COMPLICATIONS

*From the family whose name means braces*



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days. This device is generally not intended for patients in excess of 250 lbs. (114 kilos). This device is not intended to prevent injuries or reduce or eliminate the risk of reinjury.

**Indications:** Indicated for post-injury or post-operative application to grade 1, 2, or 3 ankle sprains, and stable or internally fixed fractures of the foot or ankle. Also indicated for stable or internally fixed fractures of the middle to distal tibia or fibula when the optional tibial fracture bracing plate is used.

**Contraindications:** Contraindicated for unstable fractures or for fractures of the proximal tibia or fibula.

**WARNING:** Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. If any additional pain or symptoms occur while using this device, seek medical attention.

**Warranty:** This device is warranted to be free from defects in material and workmanship for a period of 90 days. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect.

Manufactured by:

**Bledsoe Brace Systems**™ by Medical Technology Inc.  
2601 Pinewood, Grand Prairie, Texas, 75051, USA  
Toll Free Tel. 1-888-BLED SOE (253-3763)  
Or 1-800-527-3666 • Local Tel. 972-647-0884  
Local FAX 972-660-5495  
International FAX 972-606-0649  
[www.bledsoebrace.com](http://www.bledsoebrace.com)

European Authorized Representative:  
**MEDPASS International GmbH**  
Philippine-Welser Str. 6  
86150 Augsburg  
Germany

**For product information or questions pertaining to sales or service, please contact the national distributor in your area or the manufacturer.**

# High Top - Low Top Boot Application Instructions



1a

**APPLY CALF WRAP**  
**1a.** If regular cuff is used, apply sock. If "BOOTIE" was ordered, slip foot into bootie with toes under toe piece. Close forefoot cover over foot. Wrap calf section around leg. Trim excess leaving 2"-3" (5cm-7.5cm) overlap. Close hook-to-pile fastener at front. Check that posterior plate is centered on back of calf. Bootie may be removed with scissors if too warm.



1b

**1b.** Center posterior plate on back of calf with upper edge of wrap just below knee cap. Trim excess leaving 2"-3" (5cm-7.5cm) overlap.



1c

**1c.** Wrap foam around to front, Close hook-to- pile fastener.



2a

**SLIP FOOT INTO BOOT**  
**2a.** Slip foot into boot with plastic covers over arms to prevent engagement of hook-to-pile fastener. Check placement and pressure of pads over ankle. Remove or reposition pads as needed to achieve proper fit and comfort at ankle.



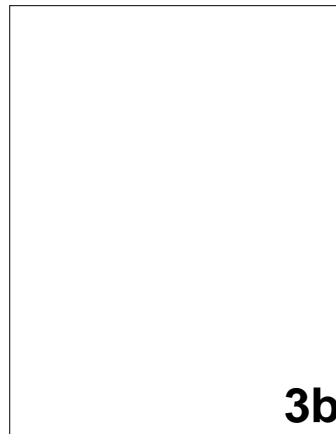
2b

**2b. Note:** Upper 3" (8cm) of medial arm should be bent medially to fit flair of Tibial Condyle. Otherwise, bend & curve boot arms to fit sides of calf. Position boot arms in-line with leg and remove plastic covers over arms to engage hook-to-pile fasteners on arms with wrap. If a regular or "winged" tibial fracture plate was ordered, apply plate into position on front of calf. The proper position of the winged plate is with the top of the plate, 1" (2.5cm) above the wrap. **Note:** Do not use tibial plates with the Bledsoe "Low Top" Boot.



3a

**FASTEN STRAPS**  
**3a.** If "Cuff" is used, place dorsal pad over forefoot and fasten straps. Adjust heel strap and pad for comfort. The double sided hook pieces may be repositioned and excess strap trimmed. Lightly fasten the top half-strap on the High Top Boot (The Low Top Boot does not have this strap.) and check the position of the foot and ankle. If a Hinge and Thigh Attachment was ordered, apply it at this time.



3b

**3b.** Starting at the ankle, wrap strap ends snugly forward around sides of leg to interlock straps with arms. Trim excess strap and reposition double hook piece if necessary. Fasten straps through D-rings at front of leg. Retighten the top half-strap on the High Top Boot if a winged tibial plate was used to achieve PTB capability.



3c

**3c.** Starting at the ankle, wrap strap ends snugly forward around sides of leg to interlock straps with arms. Fasten straps through D-rings at front of leg. Retighten the top half-strap on the High Top Boot if a winged tibial plate was used to achieve PTB capability.

# Hinge & Thigh Attachment Application Instructions



**1a**

**1a.** Apply the High Top or Low Top Boot through step 3a. of the Application Instructions.



**1b**

**1b.** Apply thigh section with the posterior plate centered on back of the leg. Make certain the posterior plate clears the back of the knee when flexed.



**2a**

## FORM & POSITION HINGES

**2a.** Form hinge arms by bending to fit thigh shape. Contour lower hinge arms to shape of boot brace arms. Center the hinge over the femoral epicondyle. Press hinge arms into position in line with bones, engaging surface of thigh section and outer surface of boot brace arms.



**3a**

## TIGHTEN STRAPS & ADJUST

**3a.** Starting at ankle, press in on both hinges and brace arms while wrapping straps firmly forward to engage hook fastener on arms. Loop strap through D-ring, pull back to tighten, and press hook fastener on strap end to close.



**3b**

**3b.** Wrap straps firmly forward on Hinge and Thigh Attachment to engage hook-to-plate fastener on arms. Loop strap through D-ring, pull back to tighten, and press hook fastener on strap end to close.



**4a**

**4a.** Adjust hinges per the Application Instructions for brace hinge. (Can be ordered with Multi-Centric hinge, Simple hinge or Simple QuikLok hinge.)