

Aeris Activity

Product Manual

Fillauer®

Instructions

The Aeris Activity Foot System has been designed and manufactured for specific patient weights. Failure to follow the weight guidelines and/or overload conditions caused by the patient, such as heavy lifting, high impact sports, or abusive activities that would otherwise damage the natural limb, may void the warranty.

- These instructions should be read prior to fitting and followed to ensure the proper integration of the foot into the patient's prosthetic system.
- The foot stiffness is based on the patient's weight and activity level.

Product Specifications

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- Patient weight: Up to 275 lbs. (125 kg)
- Foot weight: 17.6 oz. (500 g)
- Build height for sizes 22 – 24: 1.5 in. (3.8 cm)
- Build height for sizes 25 – 30: 1.75 in. (4.4 cm)
- Functional level: K3 – K4
- ISO-22675 tested

Installation

Attention: Deviating from the installation instructions or modifying the foot in any way will void any product warranty and could lead to product failure and injury to the patient.

Static Alignment—Sagittal Plane

Before aligning, the initial heel height should be established. The Aeris Activity has a $\frac{3}{8}$ in. (10 mm) heel height to accommodate a typical shoe. A line projected on the sagittal bisection of the socket should fall perpendicular to the ground with a 10 mm wedge under the heel of the foot (Figure 1). It is recommended that the included Posterior Mounting Bracket is used to establish height and rotation of the foot prior to final lamination, this can be done in either the test socket phase and/or before the final lamination. For final attachment, use of the Posterior Mounting Bracket is recommended (see Posterior Mounting Bracket instruction manual) for adjustability; however, the foot can be mounted directly to the posterior socket wall.

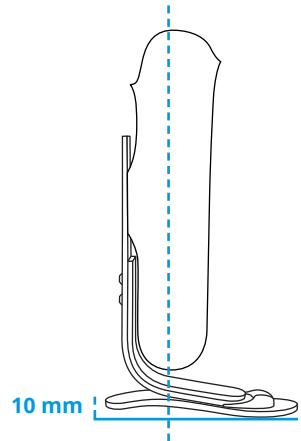


Figure 1

Transtibial Transverse Plane Alignment

The longitudinal axis of the foot will be externally rotated approximately 5 – 8° by aligning the medial border of the foot with the line of progression (Figure 2).

Dynamic Alignment

It is important to align the prosthesis so that the heel and toe provide the optimal resistance to flexion. This can be accomplished by plantar or dorsiflexing the foot using the angled wedges provided and shown in the Posterior Mounting Bracket instruction manual. If an anterior adjustment to the sagittal plane position of the foot is necessary, the Posterior Mounting Bracket may be used to establish height and rotation, and then the foot may be transferred in a vertical fabrication jig to allow direct bonding to the posterior of the socket using

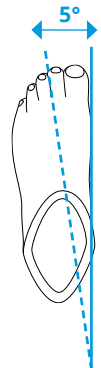


Figure 2

Fabtech Plus Series Adhesive or equivalent. Adjustments of the plantar/dorsiflexion angles will help the patient achieve a smooth transition from heel to toe.

Check for smoothness of gait and ground contact throughout the stance phase of gait.

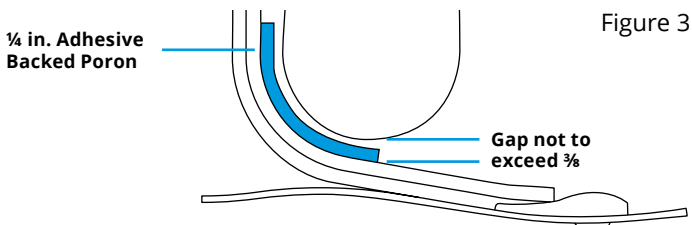
	Heel Rollover Delayed or Too Soft	Heel Rollover Too Fast or Too Firm
Heel Strike to Midstance	Dorsiflex	Plantarflex
Midstance to Toe Loading	Dorsiflex	Plantarflex

Installation of the Foot

The Aeris Activity can be directly mounted to the socket or attached using the Posterior Mounting Bracket, PN 180-10-2000. If using the Posterior Mounting Bracket, follow the instructions included with it.

To mount the foot directly to the socket:

1. Determine the approximate location of the foot on the socket.
2. The distal end of the socket should be no greater than $\frac{3}{8}$ in. from the dorsal surface of the upper carbon plate or attached foam bumper (Figure 3). This allows proper function of the toe. A piece of $\frac{1}{4}$ in. Poron with adhesive backing is supplied, but crepe applied to the distal end of the socket can also be used to tighten the gap and to fine tune the dorsiflexion characteristics of the foot.



3. If lower build height is needed, the foot may be placed in contact with the socket, but a piece of PTFE film tape, such as Shearban® must be used in the interface and will need more frequent replacement. The patient may also note an audible contact between the foot and socket when thinner materials are used in the interface. It should also be noted that the foam interface should extend from the anterior contact

point of the socket back to a point on the pylon that prevents direct contact with the socket (see Poron location in Figure 3).

4. With 80 grit sand paper, sand the area of the socket where the foot will be bonded ~ 3 × 3 in. (7.6 × 7.6 cm).
5. Sand the foot in the same area to prep for bonding.
6. Clean both surfaces thoroughly with rubbing alcohol.
7. Bond the foot to the socket with Fabtech Plus Series 1 minute epoxy or equivalent.
8. Wrap with fiberglass casting tape to test alignment.
9. Remove foot to change alignment and retape.
10. When proper alignment is obtained, laminate the foot to the socket using sufficient carbon to prevent the foot from tearing out.

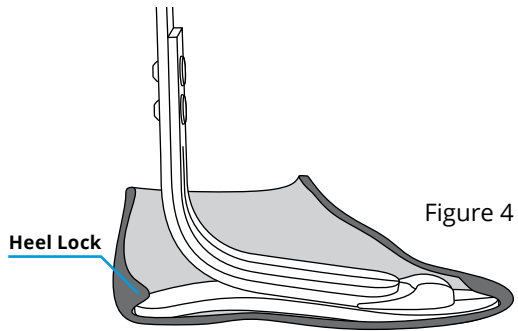
Foot Shell Installation and Removal

The Aeris Activity foot features a unique cosmetic foot shell that is flexible and durable. Use care in the installation and removal of the foot shell to maintain its appearance and durability.

NOTE: Never use a sharp edged tool such as a screwdriver to install or remove the foot shell.

Installation

- Pull the Spectra sock tightly onto the foot, pulling excess material proximally to the ankle to eliminate wrinkling.
- Insert the forefoot into the foot shell as far as possible. Set the heel on a supportive surface with the toe up and push the shell onto the foot until the toe is in position.
- Rotate the foot side to side to allow the foot shell to slide onto the heel.
- Push foot shell over the heel, or if necessary, insert shoehorn into foot shell and allow heel to slide down shoehorn into the heel lock.



Important: The heel of the lower foot plate must slide into the heel lock in the foot shell for proper alignment and to secure the foot in the foot shell (Figure 4).

Removal

- Place the foot on a flat surface so that the heel is hanging over the edge.
- Apply downward force to the top portion of the foot shell at the heel. The heel plate should pop out of the heel lock, allowing removal of the foot shell by hand.
- If foot shell is too tight, a smooth edged shoehorn may be used to disengage the heel lock.

Patient Guidelines

Can I get my Aeris Activity wet?

Yes. The Aeris Activity is designed to be maintenance free. The foot is water resistant; however, if the foot is submerged in water, the foot and foot shell should be rinsed with fresh water and dried immediately.

Is there regular maintenance on the foot for which I should see my prosthetist?

The Aeris Activity is a high performance foot and should be inspected every 6 months for signs of abnormal wear and to ensure the attachment/alignment screws are secure.

How should I clean my foot shell?

Patients should clean the prosthetic foot shell with a soft cloth and a soap and water solution and should inspect the shell for the presence of sand or other debris weekly. The foot shell may also be cleaned with rubbing alcohol (70%). Do not use acetone. It will damage the foot shell.

What should I do if my foot is no longer performing as well or is making noise when in use?

If the foot performance changes or if it makes noise, the patient should immediately contact his or her practitioner.

Daily Care for the Patient

- Patients should clean the prosthetic foot shell with a soft cloth and a soap and water solution and should inspect the shell for the presence of sand or other debris weekly. The foot shell may also be cleaned with rubbing alcohol (70%). **Do not use acetone. It will damage the foot shell.**
- If the foot performance changes or if it makes noise, the patient should immediately contact his or her practitioner.

Warranty

Foot: 36 months from date of patient fitting

Foot Shell (sold separately): 6 months from date of patient fitting

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