

# MotionFoot<sup>®</sup> MX

User Guide

*Fillauer*<sup>®</sup>  
Motion Control

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## User Guide

### Introduction

Thank you for purchasing the MotionFoot<sup>®</sup> MX. No other foot has the anatomical range of motion of the MotionFoot<sup>®</sup> MX. This results in smooth, gliding gait on flat terrain, and unparalleled stability on descending slopes.

Please take a moment to study this manual as it describes the advantages, functions, adjustments, and warnings regarding the MotionFoot<sup>®</sup> MX, for you to maximize safety, comfort, and reliability.

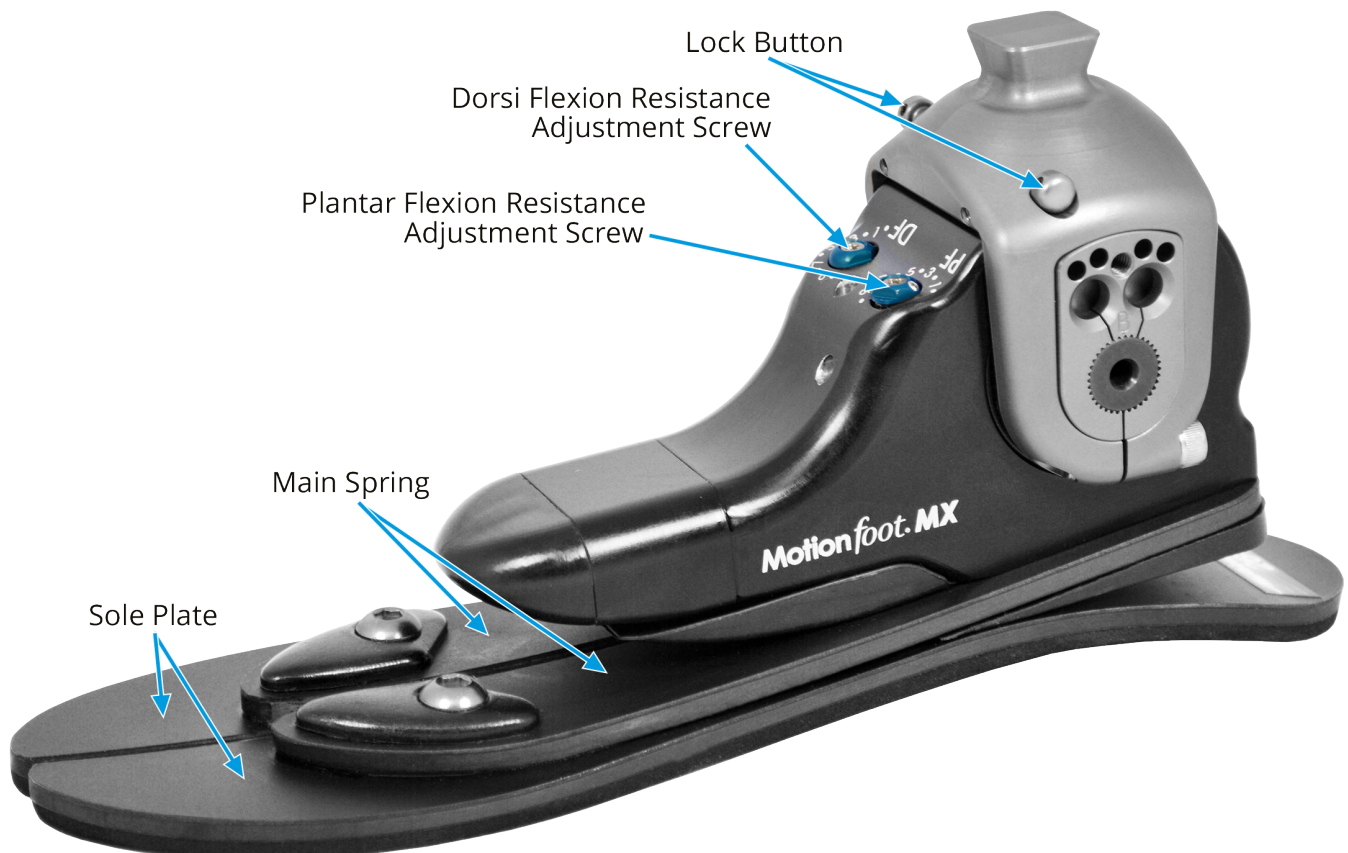
### Features of the MotionFoot<sup>®</sup> MX

- A full anatomical 50 degrees range of motion
- Wearer adjustable plantar flexion\* and dorsi flexion\*\* resistance
- Moving fulcrum keel design for dynamic foot response
- Ankle Lock for ease of donning shoes/driving, etc.

\* *Plantar flexion - the ankle motion as the foot goes to the floor when the heel strikes the ground*

\*\* *Dorsi flexion - the motion as the shin moves over the ankle and the angle between the shin and foot falls below 90 degrees*

### Foot Components



## Special Precautions



### Ankle Lock

Do not use the Ankle Lock mechanism for walking or running. It should be used for driving, donning/doffing shoes, and other light, non-ambulatory activities.



### Driving

The foot should be in the locked position whenever being used for driving.



### Kneeling and sitting

The foot will go into plantar flexion when sitting and kneeling. Upon standing, care must be taken to return the foot to a neutral position to prevent knee hyperextension or tripping on the plantar-flexed foot.



### Stairs/Ladders

Care must be taken while climbing stairs and ladders so the weight line remains anterior to the center of rotation of the ankle, to prevent the foot from going into plantar flexion when ascending or descending stairs, ladders, etc.



### Declines

When switching direction on a descent, the foot must return to a neutral position before level or uphill ambulation.



### Dust, Dirt, and Water

Prevent dust, dirt and water from entering the foot shell. Always keep a Spectra Sock between the foot shell and the foot. If the inside of the foot shell becomes contaminated, remove the foot shell, thoroughly clean the foot and inside of the shell, and replace the Spectra Sock if necessary.

## Resistance Adjustments

While it is unlikely you will make changes to the resistance settings, there could be instances when you want to adjust the foot. This may include decreasing the plantar flexion resistance when descending hills, or increasing the dorsi flexion resistance when changing to a higher heel height shoe.

To increase **Plantar Flexion (PF)** turn the index mark counter-clockwise on the PF adjustment screw to a higher number. Note, increasing plantar flexion too much will result in the knee being unstable. To decrease, turn the screw clockwise to a smaller number.

To increase **Dorsi Flexion (DF)** resistance, turn the index mark counter-clockwise on the DF adjustment screw to a higher number. Note, increasing dorsi flexion too much will result in a hyperextension moment at the knee when walking. To decrease, turn the screw clockwise to a smaller number.



## Ankle Lock Button

The Ankle Lock Button is for safety while driving, and to make it easier to don and doff shoes and socks. It should not be used for walking or running.

To lock the ankle, push the button on the right side of the foot (it is the same for a right or left foot) and slide it to the left. This will allow the ankle to dorsi flex, but it will not lock until the ankle reaches full dorsi flexion. To unlock, push the left side and slide it to the right.

## Changing Shoes

Since the MotionFoot® MX has 50 degrees range of motion, you are able to wear shoes with different heel heights. Your prosthetist will initially set up the foot with your lowest heel height shoes (usually tennis shoes or barefoot). When you change to a higher heel height shoe, this will change where the foot stops when rolling over the toe. This will take two or three steps to become accustomed, so care should be taken.

## Stairs and Ladders

With the free plantar flexion of the MotionFoot® MX, if only the heel of the foot purchases on a step or ladder rung, the foot will go into plantar flexion, allowing it to slip off the step or ladder rung. This could result in a fall. Make sure the foot is supported in front of the ankle joint on the ball of the foot by either the step or ladder rung.

## Maintenance

No maintenance by the wearer is required for the foot. Indeed, the foot should not be oiled or sprayed with any solvents or lubricants. This will void the warranty.

The inside of the foot shell should be kept free of water, sand, grit, rocks, or any other contaminants. If the inside of the foot shell is contaminated, your prosthetist should remove the foot shell, remove the contaminant and replace the Spectra Sock. Failure to do this will destroy the carbon foot plates and void the warranty.

If any clicks, creaks or other noises emanate from inside the foot, you should schedule an appointment with your prosthetist immediately.

If fluid is seen leaking from the foot, see your prosthetist immediately.

Your prosthetist should follow up at a minimum, once yearly, to ensure proper functioning of the foot.

## Limited Warranty

The MotionFoot® MX is provided with a 2 year warranty, with the exception of the foot shell, which has a 6-month warranty. After the warranty period, repairs are guaranteed for a period of 90 days. Determination of the damages or defects to be covered under the Limited Warranty shall be made by Motion Control personnel.

### Warranty does *not* include:

1. Prosthetic services for fitting and maintaining the prosthesis.
2. Damage caused by neglect, misuse or improper operation.
3. Damage due to accident, fire, water, vandalism, unsuitable environmental conditions.
4. Replacement parts not approved or recommended by Motion Control.
5. Modifications to the equipment which occur during the period of the Agreement except by mutual consent of the parties in writing, including payment of additional charges as specified by the Seller.



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