

# Nitro Running Foot Instructions for Use

Product Number: FS6 or FS9

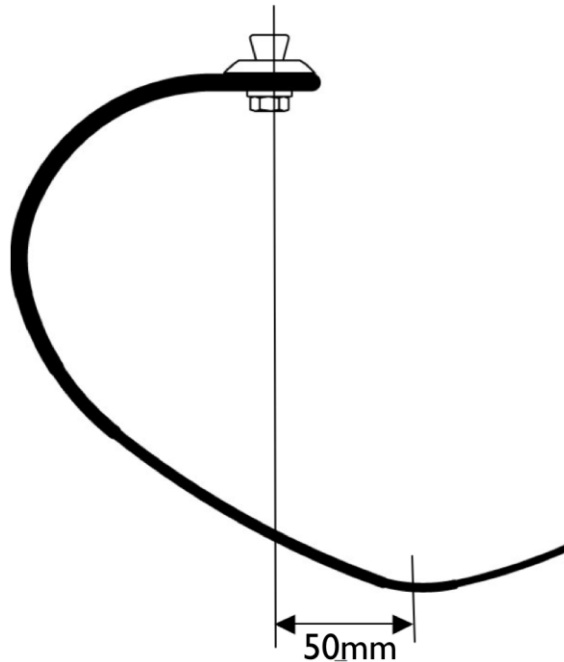
## Assembly

The Nitro Running Foot module requires a sole to be attached to the distal aspect of the foot module, providing traction for the user and protection for the composite structure. Add sole material prior to attaching the foot module to the socket to prevent inadvertent increase of the overall height of the prosthesis. Select a suitable material such as a modified running/sprinting shoe or other sole material with a tread pattern. Attach the sole so it extends in an anterior direction beyond the distal edge of the foot module. After dynamic alignment, torque pyramid adjustment screws to the manufacturer's specifications. Secure pyramid adjustment screws with a thread locking adhesive (i.e., Loctite 242).

## Bench Alignment

Prior to donning the prosthesis:

- Proximal portion of foot module should be horizontal to the ground.
- Adduct/Abduct socket to provide appropriate frontal plane angle.
- Flex/Extend socket to provide appropriate sagittal plane angle.
- Add 5° additional external transverse rotation to the foot module.
- Establish proper height. Increase overall height of prosthesis up to 25mm longer than the sound side with an appropriate shoe donned to compensate for vertical compression.
- Move the socket linearly in an anterior-posterior motion to ensure the weight line of the bisected socket falls 50mm posterior to the point of ground contact (see illustration).



## Dynamic Alignment

Optimal performance of the foot module will be achieved by introducing symmetry of gait during physical activities that mimic the every day use of the prosthesis. Due to the variation in physical condition of athletes as well as the widely varied range of activities encountered, close attention to dynamic alignment of the Nitro Running Foot will ensure optimal energy return and improve control of the prosthesis. Video and/or still photography has been found to be a helpful tool to refine optimal alignment.

- Adjust the foot module toe out and socket flexion/adduction angles according to the user's requirements.
- Stride length may be shortened by moving the weight line anterior in relation to the foot module or vice versa.

## Troubleshooting

Verify user is spending an equal amount of time on each lower limb. If not, make adjustments to improve gait symmetry.

If user spends more time on the prosthesis, correct the following problems:

- If foot module is too soft, move posterior in relation to weight line.
- If prosthesis is too short, increase height.

If user spends more time on the sound limb, correct the following problems:

- If foot module is too stiff, move anterior in relation to weight line.
- If prosthesis is too long, decrease height.

## Nitro Running Foot System

Minimum clearance: 184mm (FS9, short profile), 241mm (FS6, tall profile)

Maximum user weight: 166 kg (365 lbs)

Available sizes: short profile, tall profile

Composite width: 50mm (short profile), 66mm (tall profile)

Warranty: Graphite components/pyramid connector (12 months)

## Maintenance

The foot module requires periodic maintenance.

- Inspect the foot module every six months. If the user is more active, more frequent inspection may be necessary. Service as necessary.
- Replace sole material as it wears before damage occurs to the composite foot module.
- The foot module may be cleaned and/or disinfected with soap and warm water.

## Warnings

Failure to adhere to the guidelines of the *Instructions for Use* will void the warranty.

- Freedom Innovations foot modules are manufactured to fit industry standard pyramids and receivers. It is the prosthetist's responsibility to select and/or fabricate properly fitting attachment components.
- Never attempt to loosen the bolt affixing the pyramid connector.
- Discontinue use and consult your prosthetist if any part of the prosthesis starts to make noise.
- Inform your prosthetist if you lose or gain a significant amount of weight.
- Freedom Innovations foot products are manufactured and tested for a particular weight and activity impact level. Use by another user for whom it was not originally manufactured may cause injury and shall void any written or implied warranty.
- Never assemble the Nitro Sprint Foot without an appropriate sole material attached to the distal aspect of the foot. Without protection, the graphite of the foot module will fail prematurely.
- Never use the Nitro Sprint Foot without the pyramid attachment.
- Never shorten the Nitro Sprint Foot by removing composite material distally. It is permissible to round the distal corners of the foot module.
- When the sole material wears, consult your prosthetist for repair/replacement before damage to the composite foot module occurs.



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