

feel sluggish with minimal energy return and the knee may buckle. Shift the socket posteriorly to alleviate this problem.

Increasing Heel Stiffness:

- Heel stiffness may be increased by affixing the heel stiffening foam (included) to the underside of the heel overload spring, using Barge or similar contact cement.

Final Assembly:

- Use Loctite T 242 (not provided), and torque pyramid adjustment screws to 15 Nm. Torque clamp screw to 7 Nm.
- All screws should be re-torqued after dynamic alignment of the prosthesis

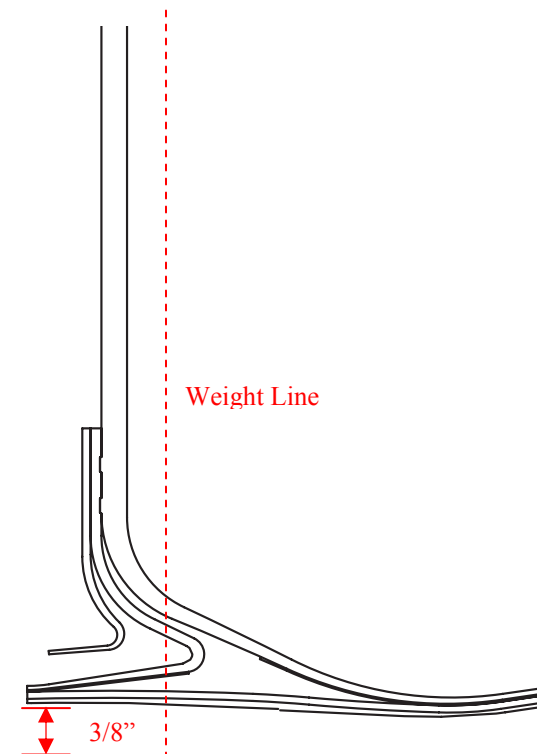
Amputee Warnings and Contraindications

The following warnings and/or contraindications specified for the assembled prosthesis, include, but are not limited to:

- ✓ Discontinue use, and consult your physician or prosthetist, if the prosthesis causes pain or injury.
- ✓ Discontinue use, and consult your prosthetist if any part of the prosthesis starts to make noise.
- ✓ Do not attempt to adjust or service the prosthesis, except as advised by your prosthetist.
- ✓ Inform your prosthetist if you lose or gain a significant amount of weight.
- ✓ Have the prosthesis serviced at regular intervals specified by the prosthetist.
- ✓ Freedom Innovations' feet are manufactured and tested for a particular weight and activity level. Use by an amputee, other than the one for whom they were originally manufactured, may be dangerous to the other amputee, and shall void any written or implied warranty.



Advena Ltd., Hereford, HR4 9DQ UK



Silhouette™ Prosthetic Foot

Prosthetist's Instructions

R-720-069 **Silhouette, Prosthetist's Instructions**, Rev. D

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Silhouette™ Prosthetic Foot

Important Warnings

- **NEVER assemble the RS-4000 foot module with the tube clamp insert extending past the end of the clamp, and ensure that the pylon is fully seated in the insert.** If height adjustment is needed, the AC-123L Versa-Clamp should be used with the appropriate spacer ring(s).

- **NEVER use the RS-4000 foot module without the Sole Plate.**

The design of the Silhouette™ Foot is unique; it incorporates a floating Sole Plate which acts as an integral part of the foot... Removing the Sole Plate will adversely affect the performance of the foot module, and will *void the warranty*.

If the Sole Plate is removed, the angular design of the Silhouette™ Foot Module and the distal contact of the Toe Lever, and the Z-Shock create a void in the mid-foot, which may cause the amputee to fall when ascending or descending stairs, if the amputee does not have the strength in his or her knee extensors to manage this longer lever arm.

- **Spectra socks must be replaced at least every six months.** Failure to inspect and replace the spectra socks may prematurely wear the foot module, and will *void the warranty*.
- **Frequent cleaning of the footshell when left uncovered is recommended. Do not allow sand or other contaminants to remain in the foot shell.** If and uncovered footshell is used in a dirty environment the foot shell should be removed and cleaned after use.
- Freedom Innovations' foot modules should be inspected and serviced every six months.
- Freedom Innovations foot modules are manufactured to fit industry standard pyramids and receivers. It is the prosthetist's responsibility to choose and fabricate properly fitting connectors.

Assembly

The Silhouette™ foot module will be inserted into the provided Spectra™ sock and fitted into the foot shell at the factory. The provided Spectra™ sock should always be used to cover the heel and keel members before fitting them into the foot shell.

Bench Alignment

Sagittal Plane:

- Introduce the appropriate socket flexion and heel height, according to the amputee's requirements.
- Use heel wedges if necessary to position the pylon of the foot vertically.
- Position the weight line, taken from the center of the socket at the patellar tendon level, so that it falls 5/8 inch anterior to the center of the pylon.

Coronal Plane:

- Introduce the appropriate socket adduction/abduction, according to the amputee's requirements.
- Position the weight line, taken from the center of the socket at the patellar tendon level, so that it falls one-half inch medial to the midline of the foot module in a neutral M-L position.
- Set appropriate toe-out.

Static Alignment

- Fit the anatomical foot cover onto the foot module and place into shoe. Use heel wedges to ensure that the pylon is vertical when the amputee stands with feet approximately 4" apart, and equal weight bilaterally.
- Establish the correct height of the prosthesis by having the amputee stand with feet approximately 4" apart, and equal weight bilaterally.
- Check socket flexion, load line position and toe-out. Correct as necessary.

Dynamic Alignment

Gait:

- The function of the foot may be optimized by modifying the alignment of the socket relative to the foot. The Sole Plate and heel member store energy at heel strike and progressively release it at midstance. Careful attention to alignment will ensure optimal energy return, and improve control of the prosthesis.
- As the amputee walks, check for smoothness of gait and even ground contact
- Optimize the alignment by progressively moving the weight line anteriorly over the foot to increase heel stiffness and observing the heel to toe function.
- The heel is too hard if the amputee's gait exhibits rapid heel to toe movement and they have difficulty in controlling the prosthesis. The toe may