

# Freedom Restore™ Instructions for Use

## Product Number: VS5

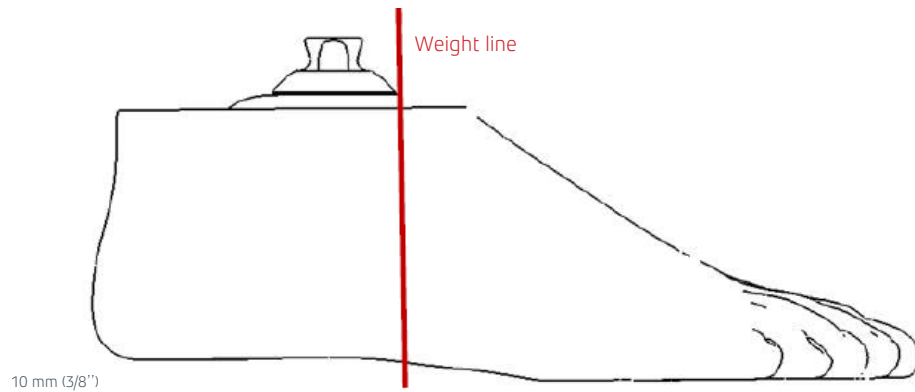
### Assembly

The Freedom Restore™ foot module is pre-assembled consisting of a foot module, Spectra™ sock, and foot shell. 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:

- Plantarflex/Dorsiflex foot to match the shoe heel height.
- Adduct/Abduct socket to provide appropriate frontal plane angle.
- Flex/Extend socket to provide appropriate sagittal plane angle.
- Move the socket linearly to ensure the weight line falls along the anterior edge of the pylon (see illustration below).



### Dynamic Alignment

During loading response, the heel stores energy and releases it during midstance. This action provides momentum for the keel to store energy and release it during terminal stance. To optimize the heel to toe rollover motion, adjust the following variables:

- Anterior/posterior foot placement
- Dorsiflexion/plantarflexion

### Troubleshooting

#### Heel is too soft

Symptoms:

- Foot flat occurs too rapidly
- Toe feels excessively stiff
- Knee hyperextension

Solutions:

- Shift socket anteriorly in relation to the foot
- Change heel bumper to an increased category level

#### Heel is too stiff

Symptoms:

- Rapid knee flexion, instability
- Heel to toe progression too rapid
- Lack of energy return sensation

Solutions:

- Shift socket posteriorly in relation to the foot
- Change heel bumper to a decreased category level

#### Foot module too stiff

Symptoms:

- Flat spot in rollover motion at slow cadences

Solutions:

- Consider a lower category foot module

#### Heel is too stiff

Symptoms:

- Excessive toe deflection with high impact activity

Solutions:

- Consider a higher category foot module

If the proposed solutions do not result in a satisfactory outcome, please contact Freedom Innovations Customer Service (+31 (0) 532030300).

#### Heel Bumpers

Freedom Restore™ comes with three U-shaped bumpers designed to enhance balance, provide stability, and allow for a more customized feel for the user. All 3 bumpers are included with every Freedom Restore™ shipment. Use of the Freedom Restore™ heel bumper is required to achieve appropriate foot dynamics and footshell wear for the user.

Soft	Green
Medium	Blue
Hard	Yellow

#### Spectra™ Sock

A Spectra™ sock is provided to protect the foot shell and minimize noise. Spectra™ socks must be replaced at intervals appropriate to the user's activity level. Failure to inspect and replace the Spectra™ socks may prematurely wear the foot module, and may void the warranty.

#### Foot Shell

When removing or installing the foot shell, use the Foot Shell Removal Tool (ACC-00-10300-00). Follow the instructions in the foot shell IFU (IFU-04-028) to prevent damage to the foot module.

#### Freedom Restore™ System

Minimum clearance: 88mm - 102mm

Maximum user weight: 136 kg (300 lbs)

Available sizes: 22cm-30 cm

Heel Height: 10 mm (3/8")

Connector: Male pyramid

Warranty: foot module 12 months, foot shell 6 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 Spectra™ sock and/or foot shell if worn to prevent damage to the fiberglass components.
- 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.

- The Freedom Restore™ is only appropriate for limited community ambulators who have the ability or potential to traverse low-level environmental barriers (K2/mobility level 2). Use by more active ambulators may cause product failure and/or user injury and will void the warranty.
- Never use the foot module without a foot shell. Failure to comply may cause the user to fall, premature wear, loss of function, and/or product failure.
- Always use the foot module with a sock and with a shoe when outdoors. Failure to comply may cause premature wear, loss of function, and/or product failure.
- Never allow aggregates such as sand to remain in the foot shell. Upon exposure to aggregates, immediately disassemble foot module and rinse with water. The abrasive properties of aggregates will quickly wear the fiberglass components of the foot module.
- 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, or the foot loses its responsiveness.
- Inform your prosthetist if you lose or gain a significant amount of weight.
- Avoid use in water, as prolonged exposure to moisture may have a negative impact on the life of the product. After use in water, completely dry the product.
- 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.

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