



## Stat-A-Dyne™ Ankle *Fitting Instructions*

\* It is recommended the patient use a small stool or have the ankle slightly elevated, to best reach the foot straps.

**Step 1.**



**Step 2.**



**Step 3.**



1. Raise the calf cuff into the correct position (4 finger widths from posterior knee crease). Loosen the ankle crease counterforce strap and detach one side of the distal foot strap.
2. Remove the foot plate pad and adjust the heel strap around the back of the foot.
3. Place the foot plate pad onto the foot plate. Align pad along the edges of the foot plate.

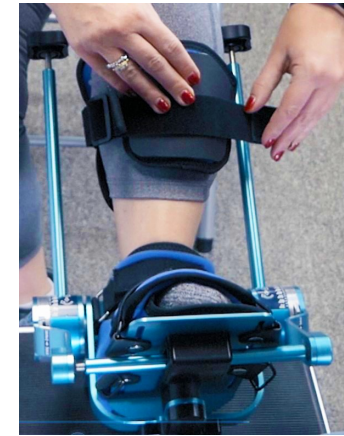
**Step 4.**



**Step 5.**



**Step 6.**



4. Insert the foot onto the foot pad by driving the heel down & back. The ankle bones must align through the center of both hinges.
5. It is key to securely fasten the ankle crease counterforce strap and the distal foot strap before the lower leg strap. The distal foot strap is adjustable to accommodate various foot lengths via the two "D" ring positioning under the foot plate.
6. Adjust the lower leg strap and center the anterior cuff. Ensure you have the appropriate length, then pull the strap snug and securely fasten.

*The Stat-A-Dyne Ankle is now ready for use.*

**Thanks for allowing us to be a part of your recovery!**

Contact your local Lantz Medical Sales Consultant for additional information or assistance @ [www.lantzmedical.com](http://www.lantzmedical.com) or 866.236.8889



# Stat-A-Dyne™ Ankle *Operational Instructions*

Plantar Flexion



ROM Hinge Numbers



Dorsiflexion



For plantar flexion stretching, rotate both knobs **clockwise** until desired stretch is achieved. For dorsiflexion stretching, rotate both knobs in a **counterclockwise** direction until desired stretch is achieved. In both cases, maintain an equal load on both hinges by observing the ROM hinge numbers. Lastly, for both plantar and dorsiflexion stretching, once the desired stretch is achieved rest the foot and leg in a relaxed position.

Inversion



LT Ankle: Turn both knobs outward.  
RT Ankle: Turn both knobs inward.

Eversion



LT Ankle: Turn both knobs inward.  
RT Ankle: Turn both knobs outward.

*Thanks for allowing us to be a part of your recovery!*

Contact your local Lantz Medical Sales Consultant for additional information or assistance @ [www.lantzmedical.com](http://www.lantzmedical.com) or 866.236.8889