

ORTHO-GLIDE® “An unique aid to the recovery of joint flexibility and motion to the lower limbs ”

User Instructions:

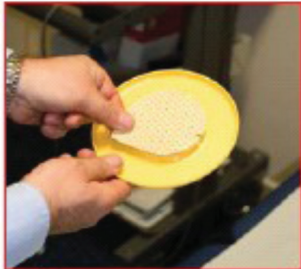
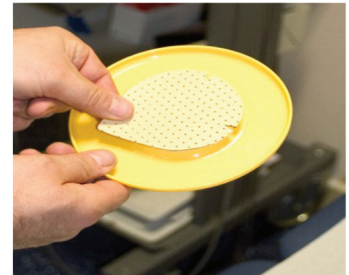


Fig 1

How to use your ORTHO-GLIDE®

Remove the release paper from the self-adhesive heel pad and place in the yellow plastic base with the tongue of the pad aligned with the cut out area of the circular rim of the base [Fig. 1]. Ensure the heel pad is placed centrally so that the pad covers the whole area of the central rim evenly and press down to allow the adhesive quality of the pad to hold firmly in place inside the central rim. This is to ensure comfort to your heel during use.

Use the ORTHO-GLIDE® to commence exercises by simply placing your heel into the pad. Ensure that the tongue of the pad is aligned to the back of your heel before commencing exercises especially when in a reclined position. The product is designed in order to protect and cushion your Achilles tendon [Fig. 2].



Fig 3

When in a reclined position you should start with the leg being fully extended straight out in front of you. Slowly bend the knee by sliding the ORTHO-GLIDE® base towards your buttocks, attempt to bend your knee as much as you feel is comfortable keeping your toes pointed upwards [Fig. 3]. The exercise is completed by sliding the ORTHO-GLIDE® base away from your buttocks back to where the leg is fully extended.



Fig 2

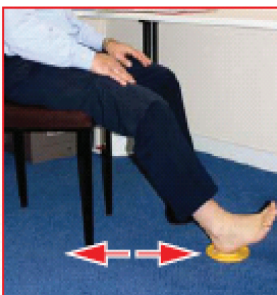


Fig 4

You can repeat the sliding action with the ORTHO-GLIDE® base, gradually increasing the range of motion as the joint regains flexibility.

Exercises with the ORTHO-GLIDE® can be undertaken whilst you are either seated on a chair [Fig. 4] or sitting on the floor [Fig. 5].



Fig 5

Important: You should at all times use a self-adhesive heel pad with your ORTHO-GLIDE® base and must not stand up on your ORTHO-GLIDE® base as it may slip causing you injury.

Caring for your ORTHO-GLIDE®

Your product is made from a high tech plastic material that will withstand up to 135°C making it easy to be cleaned in boiling water without it becoming deformed in anyway or resulting in loss of colour. However, for your convenience we recommend that your Ortho-Glide® base be cleaned by simply wiping the top and bottom of the base with warm soapy water or any light domestic sterilization solution.

The heel pad is made from a non-latex bio-degradable foam that has a low tack adhesive applied to its surface. Your pad has been manufactured in order that after repeated use the material will degrade to indicate the need to replace the pad. Should the pad become soiled through use we recommend that you immediately replace it in order to maintain good hygiene practice.

Regular exercises with your ORTHO-GLIDE®



Whilst sitting on a chair place your feet on the floor. With your heel in the insert pad of the Ortho-Glide® move your foot backwards and forwards. Then switch legs.



Whilst sitting on a chair place your feet on the floor. With your heel in the insert pad of the Ortho-Glide® move your foot left and right. Then switch legs.



Whilst sitting on a chair place your feet on the floor. With your heel in the insert pad of the Ortho-Glide® move your foot round in a circular direction. Then switch legs.



Lying on your back, place the Ortho-Glide® under your heel and move leg backward and forward. Then switch legs.



Lying on your back, place the Ortho-Glide® under your heel and move leg left and right. Then switch legs.



Lying on your back, place the Ortho-Glide® under your heel and move round in a circular direction. Then switch legs.

Manufactured by: Medical Devices Technology International Ltd (MDTi)

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