## Assembly Instructions

### Xtern Semi-Assembled Orthotic Kit

#### Size Large (100100-SA-L)

- **Shoe Size**: 10.5 US → 16 US Men
- **Product Code**: 20553-28086

#### Size Medium (100100-SA-M)

- **Shoe Size**: 7.5 US → 10.5 US Men
- **Product Code**: 20553-28089

### Parts List - Xtern Orthotic Kit, Size Large / Medium

<table>
<thead>
<tr>
<th>Item</th>
<th>Qty</th>
<th>Product Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1</td>
<td>200000-BA0-L</td>
<td>Main Brace Body Assembly, Size LARGE</td>
</tr>
<tr>
<td>B</td>
<td>1</td>
<td>200000-BA0-M</td>
<td>Main Brace Body Assembly, Size MEDIUM</td>
</tr>
<tr>
<td>C</td>
<td>1</td>
<td>200000-U00-ML</td>
<td>Front Shoe Section «U» Shape, Size MEDIUM-LARGE</td>
</tr>
<tr>
<td>D</td>
<td>5</td>
<td>200000-L00-ML</td>
<td>Lace Clip Attachment, Size MEDIUM-LARGE</td>
</tr>
<tr>
<td>E</td>
<td>3</td>
<td>700000-SET-002</td>
<td>Set Screw 5-40 x 1/2&quot;Long. 18-8 Stainless Steel</td>
</tr>
<tr>
<td>F</td>
<td>1</td>
<td>500301-K00-SML</td>
<td>Complete Strap &amp; Cushions Kit</td>
</tr>
<tr>
<td>G</td>
<td>20</td>
<td>700000-ZZZ-001</td>
<td>Tie-Wrap Black 18 LBS/4&quot;LONG</td>
</tr>
<tr>
<td>H</td>
<td>1</td>
<td>700000-HEX-001</td>
<td>Hex-L-Key 1/16&quot; (For 5-40 Set Screw)</td>
</tr>
</tbody>
</table>

### ASSEMBLY INSTRUCTIONS

**Xtern Orthotics**

- **2019-09-17 → 100100-SA-ML XTERN**

### Suggested Tools

- Powered Drill (Variable Speed)
- Drill Bit 7/64" (2.8 MM)
- Hex Allen Key 1/16" (Included)
- Metal Hand Saw
- Measuring Caliper 300MM or Measuring Tape
- Bench Vice with Soft Pad Jaw (Plastic / Leather)
- Trautman Sander and Carver
- Cutter Plier
- Heat Gun / Heat Source Min 250°F (120°C) if Thermoforming Required

### Protective Safety Gear:

- Safety Goggles, Gloves, Dust Mask & All Other Protection Required by Your Health & Safety Work Policy

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**Parts Assembly Instructions**

1. **Install Calf Pad & Strap Kit** *(Instructions in the Bag)*
   - *Brace width can be adjusted wider or narrower for better look & fit on patient shoe.* *(See Thermoforming Guideline if required)*

2. **Install Calf Pad & Strap Kit** *(Instructions in the Bag)*
   - *Brace width can be adjusted wider or narrower for better look & fit on patient shoe.* *(See Thermoforming Guideline if required)*

3. **- Easy Fitting Shoes for First Trial – Sneakers – Tennis Shoes -**
   - *Enough Eyelets*

4. **Look for Eyelets Position.**

5. **Ask patient to don the shoe & select width for holes.**

6. **Install Tie-Wraps in Eyelets.**
   - *Never attach around the laces!*

7. **Lock both Tie-Wraps in rear corners or best fit position.**

8. **Tighten Tie-Wraps at maximum very strong fixation is important! Pull firmly on lace clip and validate it’s solidly anchored and bonded to the shoe.**

9. **Hook the brace on the shoe and you’re ready for action! See lace clip fitting leaflet for more footwear options.** *(Videos tutorials available on YouTube & our website)*

10. **Cut if Required** *(Wide Boots – Full Width)*

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**Website:** [www.turbomedorthotics.com](http://www.turbomedorthotics.com)

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<table>
<thead>
<tr>
<th>US SHOE SIZE</th>
<th>MEDIUM-CUTTING CHART</th>
<th>LARGE - CUTTING CHART</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN</td>
<td>7.5 8 8.5 9 9.5 10 10.5 11 11.5 12 12.5 13 13.5 14 14.5 15 15.5 16</td>
<td>7.5 8 8.5 9 9.5 10 10.5 11 11.5 12 12.5 13 13.5 14 14.5 15 15.5 16</td>
</tr>
<tr>
<td>WOMEN</td>
<td>8.5 9 9.5 10 10.5 11 11.5</td>
<td>8.5 9 9.5 10 10.5 11</td>
</tr>
</tbody>
</table>

| X CUTTING REF. | 22 25 29 31 34 37 40 43 46 50 53 57 60 65 69 73 77 79 |

See graduations enarved under front "U" section.

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**MEDIUM-CALF HEIGHT**

<table>
<thead>
<tr>
<th>US SHOE SIZE</th>
<th>MEDIUM-CALF HEIGHT</th>
<th>LARGE-CALF HEIGHT</th>
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<td>MEN</td>
<td>7.5 8 8.5 9 9.5 10 10.5 11 11.5 12 12.5 13 13.5 14 14.5 15 15.5 16</td>
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<td>8.5 9 9.5 10 10.5 11</td>
</tr>
</tbody>
</table>

| H CUTTING REF. | 3 3 3 3 2 2 2 2 2 2 1 1 1 1 1 FULL FULL |

**MEDIUM-MEASUREMENT**

<table>
<thead>
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<th>LARGE - MEASUREMENT</th>
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</thead>
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<td>8.5 9 9.5 10 10.5 11 11.5</td>
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</tr>
</tbody>
</table>

| L (mm) | 196 199 203 205 208 211 214 217 220 223 226 230 233 237 241 244 248 252 |

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**Instructions**

1. Slide out & drill holes
2. Drill bit 7/64" (2.8 mm)
3. Slide in & tighten set screws
4. Mark holes with sharp tool or a pen
5. Click flush!
6. Grind smooth
7. Verify calf band position on patient before cutting
8. Align marks & cut height
9. See engraved marks on part
10. Calf removal (if required)

See graduations engraved under front "U" section.

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