**LACE CLIP FITTING INSTRUCTION**

**XTERN FOOT DROP ORTHOTIC (AFO)**

HOW TO INSTALL THE LACE-CLIP CONNECTOR ON ANY FOOTWEAR

- **FOOTWEAR SELECTION** -

  - ENOUGH EYELETS
  - ROBUST FABRIC
  - BULKY SOLE + RIDGES FOR HEEL FRICTION GRIP
  - KEEP LACES LOOSE AT BOTTOM NEAR LACE CLIP. LACE TIGHT AROUND ANKLE TO SECURE FOOT PROPERLY.

- **DETERMINE BEST LOCATION FOR LACE CLIP - SHOES – BOOTS – SANDALS** -

  1. SUPERIMPOSE THE BRACE & LACE-CLIP ON THE SHOE & LOOK FOR EYELETS POSITION VS BRACE LENGTH.
  2. WHEN IT'S POSSIBLE, WE RECOMMEND TO KEEP 1/8" GAP (3mm) AT HEEL TO ENSURE THAT BRACE IS FREE TO MOVE. (IF LENGTH IS TOO TIGHT IT MAY CAUSE DISCOMFORT DUE TO LACE CLIP PRESSURE)
  3. CAUTION: LACE CLIP FRONT OPENING MUST BE CLEAR FOR BRACE INSERTION.
  4. WHEN IT'S POSSIBLE, WE RECOMMEND TO KEEP 1/8" GAP (3mm) AT HEEL TO ENSURE THAT BRACE IS FREE TO MOVE.

- **SANDALS – 04**

  SPORT & HIKING STYLE SANDALS

  - MOST OFTEN, LACE CLIP INSTALLATION CAN BE DONE BY SIMPLY WRAPPING TIE-WRAPs AROUND THE FRONT STRAP. KEEP FRONT STRAP SLIGHTLY LOOSE ON TOP OF FOOT TO FIND PERFECT TENSION BEFORE LACE CLIP INSTALLATION.

  - SOMETIMES YOU MAY NEED TO PUNCH HOLES THROUGH THE FRONT STRAP TO ALIGN LACE CLIP PERFECTLY.

  - USE SANDALS FITTED WITH STURDY FRONT STRAP ALIGNED WITH FRONT ATTACHEMENT OF THE BRACE.

  - USE SANDALS FITTED WITH STURDY BRAZING STRAPS THAT WILL HANDLE LONGITUDINAL LOAD AND PREVENT BRACE FROM MOVING REARWARD.

  - USE SANDALS FITTED WITH BULKY SOLE CONTOUR FITTED WITH RIDGES FOR HEEL SUPPORT.

  - PLACE LOWEST EYELETS BEHIND THE LACE CLIP TO CLEAR FRONT OPENING.

  - ENGAGE BOTH TIE-WRAPs IN METAL EYELETS. YOU CAN USE TWEezERS TO HELP HANDLING.

  - FIND PERFECT TENSION BEFORE LACE CLIP INSTALLATION.

  - USE SANDALS WITH BULKY SOLE CONTOUR FITTED WITH RIDGES FOR HEEL SUPPORT.

- **SAFETY BOOTS, HUNTING BOOTS – 05**

  METHOD TO OVERHANG LACE CLIP LOWER IF EYELETS DOESN'T FIT BRACE LENGTH

  1. PUCH HOLES TROUGH LEATHER BAND DON'T PUNCH TROUGH THE BOOt!!
  2. TYPICAL LEATHER BOOTS (SAFETY BOOTS, HIKING & HUNTING BOOTS)
  3. CAUTION: LACE CLIP FRONT OPENING MUST BE CLEAR FOR BRACE INSERTION.
  4. SUPERIMPOSE THE BRACE & LACE-CLIP ON THE SHOE & LOOK FOR EYELETS POSITION VS BRACE LENGTH.

- **BOOTS METALLIC/SOLID EYELETS – 06**

  - ENGAGE BOTH TIE-WRAPs IN METAL EYELETS. YOU CAN USE TWEezERS TO HELP HANDLING.

  - PLACE LOWEST EYELETS BEHIND THE LACE CLIP TO CLEAR FRONT OPENING.

  - 0mm GAP–SNUG FIT OK, IF BRACE IS FREE

  - 12mm GAP (1/2") MAXIMUM ALLOWABLE GAP

  - MORE THAN 20mm GAP (3/4") NOT ALLOWABLE

  SEE OTHER OPTION FOR LACE CLIP FITTING

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** Typical Lace Clip Installation - 01**

1. Ask patient to don the shoe.
2. Look at the eyelets width to select best set of holes.
3. Respect natural eyelets width on shoe!
4. If lace clip is installed too narrow, it will choke the foot and may cause discomfort.
5. Install tie-wraps in eyelets. Never attach around the laces!
6. Lock tie-wraps in rear corners or best fit position.
7. Tighten tie-wraps at maximum. Very strong fixation is important!
8. Install screws in solid material of the sole & low enough so they don’t pinch the inside of the shoe.
9. Use a leather punch or any sharp object to punch holes through shoe material.
10. Pull firmly on lace clip to validate solidity. Strong fixation of lace clip is important!

** Leather Dressed Shoes - 02**

1. Engage lace clip on the brace and superimpose on the shoe.
2. Mark lace clip holes location to be punched.
4. See below, other example of same installation on leather velcro shoes.

** Add Ridges on Sole with Flat Vertical Sides - 03**

1. In way of heel support, install 2x tiny wood screws both sides of sole.
2. These shoes need to be fitted with ledges to hold heel support in place.
3. Install screws in solid material of the sole & low enough so they don’t pinch the inside of the shoe.
4. Form JB Weld epoxy or Sugru over screws to create a ledge 3/8”-1/2”.

- Photos and illustrations from Turbomed Orthotics are used to demonstrate the steps for installing a lace clip and other orthotic devices.

(Videos Tutorials Available on YouTube & Our Website)

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