TURTLE BRACE

# ANKLE

## CHARACTERISTICS

- Direct molding on the limb
- Antibacterial fabric
- Radiolucent
- Submersible and auto-draining
- Re-moldable without limits or degradation
- 3.2 mm thickness that allows normal dressing
- Compostable eco-friendly plastic

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## MODELS (CM)

| PEDIATRIC | STANDARD | REINFORCED |
|---|---|---|
| **Small** (16.5cm - 27.6cm) | TBCP-01 | N/A |
| **Medium** (17.8cm - 29.8cm) | TBCP-02 | TBCPR-02 |
| **Large** (19cm - 31.8cm) | TBCP-03 | TBCPR-03 |

| ADULT | STANDARD | REINFORCED |
|---|---|---|
| **Small** (20.3cm - 34cm) | TBCA-01 | TBCAR-01 |
| **Medium** (21.6 cm – 36.2 cm) | TBCA-02 | TBCAR-02 |
| **Large** (22.9 cm – 38.4 cm) | TBCA-03 | TBCAR-03 |

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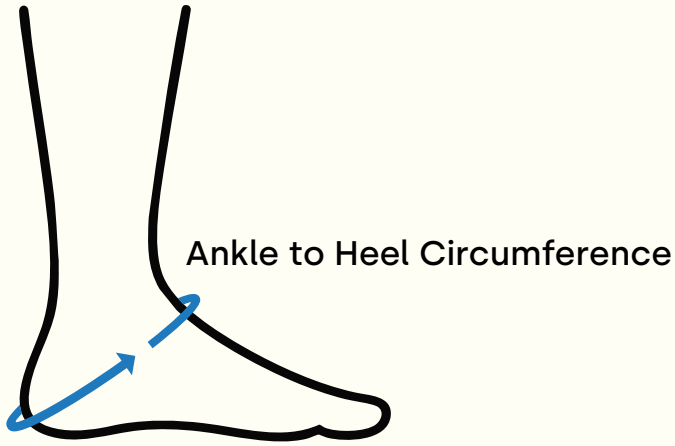
# MODELS (IN)

| PEDIATRIC | STANDARD | REINFORCED |
|---|---|---|
| **Small** ($6^{1/2}$in - $10^{7/8}$in) | TBCP-01 | N/A |
| **Medium** (7in - $11^{7/8}$in) | TBCP-02 | TBCPR-02 |
| **Large** ($7^{1/2}$in - $12^{1/2}$in) | TBCP-03 | TBCPR-03 |

| ADULT | STANDARD | REINFORCED |
|---|---|---|
| **Small** (8in - $13^{3/8}$in) | TBCA-01 | TBCAR-01 |
| **Medium** ($8^{1/2}$in – $14^{1/4}$in) | TBCA-02 | TBCAR-02 |
| **Large** (9in – $15^{1/8}$in) | TBCA-03 | TBCAR-03 |

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## MOLDING INSTRUCTIONS

**#1** Heat the brace between 67°C and 108 °C (152 °F and 225 °F) until it becomes soft and elastic. The plastic must feel doughy when pinched between two fingers.

### Dry Heat Method

Put the brace in either the Turtlebrace heating bag, a regular or convection oven. If you use a regular or convection oven, pre-heat them to 102 °C (215 °F) before heating the brace.

### Hot Water Method

Place the brace in a hydrocollator or a hot-water heating pan, between 67°C and 100°C (152°F and 212°F). If you use a hot-water pan, make sure that the brace doesn't touch the bottom because the bottom temperature can exceed 108 °C (225 °F).

**#2** Once the brace has become soft and elastic, you can drape the brace on the body. Make sure that the temperature of the brace is not too hot for comfort or at risk of burning your patient. Small padding, about 3 mm (1/8"), can be placed at the bony apex and removed after the molding.

**#3** Overstretch the forefoot before attaching the zipper. This will reduce the tension at that point. The brace should by itself close down on the patient. Zip to midfoot.

**#4** At the ankle and hindfoot, stretch the plastic starting from the bottom of the heel pulling material all the way to the hindfoot. Next, pull up the zipper all the way to the end. Make sure that you've pulled enough material to reduce the tension on the zipper.

**#5** Place your patient in the desired position and wait for the brace to harden. To avoid the rippling of the zipper, keep a tension on the top end of the zipper, or on both ends.

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## RECOMMENDATIONS/PRECAUTIONS

- Molding should be done only by a health professional, or somebody trained in bracing, casting, or similar medical devices.
- Do not allow full weight bearing or walking with the brace before 15 to 20 minutes.
- It is highly recommended to always wear a shoe, sandal, or foot cover when the wearer has to walk with the brace because the brace can be very slippery on certain surfaces.
- This is a single patient use, it cannot be transferred even if it had been washed thoroughly.
- Do not use a heat gun as it may burn the brace.
- Do not drape the brace if it is too hot to avoid skin burns or discomfort.
- It is recommended to check the blood circulation often. If the brace becomes too tight, advise the client to unzip (or remove if possible) the brace and call their health professional.
- It is recommended to check the skin often. If the show signs of maceration, irritation (redness), rashes, or other skin problem, advise the client to remove the brace (if possible) and immediately call their health professional
- Do not heat the brace over 108°C (225°F), because the fabric or/and the zipper could burn or melt.
- Any serious incident that has occurred in relation to the device should be reported to the manufacturer and the competent authority of the Member State in which the user and/or patient is established.

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