INSTRUCTIONS FOR USE

A. Contents at Arrival

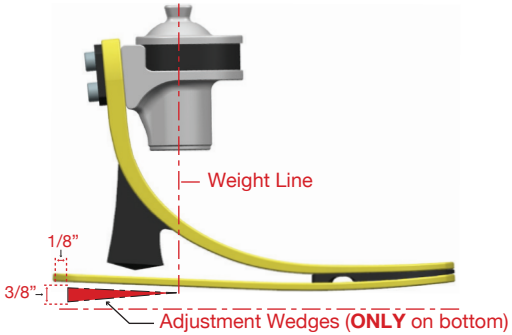
1. **RUSH** Foot®, with selected proximal adapter
2. Spectra Sock
3. Foot Shell
4. Heel Wedge

B. Spectra Sock & Foot Shell

1. A Spectra sock should always be used with the **RUSH Foot®** to minimize or eliminate the introduction of debris that may come into contact with the material, as well as minimize wear to the foot shell.
2. Always apply or remove the foot shell with an appropriate tool or device to minimize wear and damage. Visit our website for an instructional video.

C. Bench Alignment

1. Sagittal Plane: After determining the appropriate socket flexion and heel height, position the weight line so that it falls directly through the midline of the pylon, or directly through the center of the proximal foot adapter. As the **glass composite** provides more flexibility than other prosthetic feet, this represents a good starting point for a bench alignment.
2. Coronal Plane: After determining the appropriate socket adduction/abduction, position the weight line so that it falls through the midline of the foot in a neutral M-L position.



D. Static Alignment

1. Due to the shape of our rocker sole, patients may experience a new sensation when seeking the midpoint of the foot. The rocker sole allows patients to find their own comfortable static or standing position. The rocker bottom shape of the sole serves two primary functions:
   a. Provide a continuous and progressive point of contact throughout the entire step
   b. Eliminate any "flat" or "dead" spot sensation.
2. **Ability Dynamics** highly discourages the Prosthetist from introducing wedges at this stage of alignment.
3. Adjustment of the A/P set screws at the Proximal Adapter is the more appropriate place to make changes regarding Plantarflexion or dorsiflexion, rather than the introduction of a wedge.

E. Dynamic Alignment

1. The use of a slide adapter with the **RUSH Foot®** is highly encouraged for dynamic alignment purposes, as it provides the best solution to troubleshooting the most common alignment issues listed below:
   a. Hard or Soft Heel
   b. Hard or Soft Toe
   c. Excessive Varus or Valgus moments during Stance Phase
2. Once the optimal relative socket/foot alignment is determined, **Ability Dynamics** encourages the use of Plantarflexion or Dorsiflexion at the Proximal Foot Adapter to optimize heel-to-toe comfort and energy return.
3. **The patient should wear the RUSH Foot® for at least one week to fully experience the responsiveness of a non-carbon fiber device.**
4. If the patient still requests additional heel stiffness, it is appropriate to introduce and utilize the wedge provided in the original **RUSH Foot®** package material.

PROPER WEDGE PLACEMENT

Install wedge on plantar surface of rocker approximately 1/8 inch forward from posterior end.

***** IMPROPER INSTALLATION OF HEEL WEDGE WILL CREATE PERFORMANCE ISSUES THAT WILL VOID THE WARRANTY *****

IMPROPER WEDGE PLACEMENT

Placement between **the glass composite** components will adversely affect foot performance and void warranty.

For general questions or specific inquiries regarding content of this document please call us toll-free

855.450.7300

rushfoot.com