



The Right Fit, Right Now



Patient User's Guide

MODEL: TT200

www.iFitProsthetics.com

One-Stop Fitting for Nonstop Living

A prosthetic device for whatever your day brings. Thank you for trying iFIT!



Get the right fit today.

Table of Contents

Section I • Introduction	5
Warnings	6
Section II • iFIT Prosthesis Components	10
Section III • Instructions	11
Step A: Initial Device Check	11
Step B: Putting on the Device	12
Step C: Taking off the Device	14
Step D: Cleaning and Maintenance	14
Section IV • Wear Schedule	16
iFIT Prosthesis Key Features	17
Frequently Asked Questions	23

WHAT FIRST-TIME WEARERS ARE SAYING:

“It feels like I’m walking on a pillow!”

“iFIT comes in handy when my stump goes through a hard day’s work and there’s some swelling, which causes pressure in a conventional solid socket. Since the iFIT is adjustable, it’s perfect for times like that—especially after hiking or running.”

“The inside padding prevents rubbing and irritation—you’re really onto something here!”



Section I • Introduction

Congratulations on obtaining your new iFIT transtibial prosthesis. We hope you will enjoy the comfort and adjustability of the device. Years of research and development have gone into the design of this prosthesis so that we could provide for you the best possible product.

Below you will find a series of instructions which are essential to follow in order to get the best results from your prosthesis and prevent any problems. We strongly suggest using the wear schedule on page 11 so you can check your residual limb and gradually adjust to the device. Even though the iFIT Prosthesis is designed to be easily fit and aligned we recommend that **only an iFIT certified prosthetist adjust and fit this device for you.**

Thank you for choosing iFIT Prosthetics!

PATIENT ADVISORY WARNINGS

We hope you are pleased with your new iFIT Prosthesis. Your iFIT prosthetist will select the other components that accompany the socket according to your body weight and activity level. These include the silicone pin suspension liner and prosthetic foot. If your weight or activity level changes, or if your prosthesis becomes less comfortable, please notify your healthcare provider.

The prosthetic socket must be securely buckled at all times when you are standing or walking. The buckles must be completely closed so that the locking mechanism prevents them from opening. Your limb must be completely in the socket and the pin suspension system fully engaged – you should not be able to pull the device off of your limb.

It should be comfortable to wear. If you have any discomfort, alert your iFIT prosthetist. The healthcare provider will test your ability to use the device while in their clinic to ensure you can use it safely and properly.

To minimize the chances of any problems occurring, this prosthetic device has undergone extensive engineering testing by iFIT Prosthetics. There is a soft inner liner that pads the socket protects the skin. You should always wear a silicone locking liner (this is the liner with a pin attached) with a pin that is compatible with the suspension in the device. This device was designed with a pin type suspension system for holding the prosthesis firmly onto your limb and will not work with other types of suspension such as suction, suprapatellar straps or sleeve suspension.

 **You must carefully follow the directions of your iFIT prosthetist and the instructions contained in this brochure. Failure to do any of the following could result in tripping and falling, device failure, skin breakdown, or cause other serious harm.**

- The pin attached to the silicone locking liner should be fully inserted into the bottom of the socket prior to use. Check to see that the socket does not pull off once you engage the pin. You will hear a clicking noise as the pin locks into the locking mechanism.
- Be sure to check that the prosthesis is firmly attached to your limb.
- If your silicone liner is worn out replace with one prescribed by your healthcare provider that works with the iFIT prosthesis system.
- Do not stand or walk without buckling both buckles and checking to ensure that they are locked.
- Do not make adjustments to the buckles while standing. Sit down and then make any buckle adjustments.

- The prosthesis must fit snugly and comfortably around your leg to work properly. Loosening the buckles too much may alter walking and lead to falls.
- The iFIT transtibial prosthesis is not designed for vigorous activities such as running.
- If there is pain in the limb, **reduce the tightness of the buckle one notch.** Buckling too tight may cause excess pressure or reduce blood flow to the limb. If the pain continues despite loosening the buckle, take it off and contact your healthcare provider.
- Only a certified iFIT prosthetist may fit and align this device.
- Do not wear the prosthesis without a protective silicone locking liner (with pin) which is supplied by your healthcare provider.
- If the inner black neoprene liner of the prosthesis becomes worn, it should be replaced with a new one.
- Do not rest or sleep with the prosthesis against your opposite leg. Doing so may cause skin irritation or breakdown.

As with any prosthesis there are always potential problems that may arise. It is important that you use the iFIT Prosthesis exactly as described in this guide. Failure to do so may result in one or more of the following problems:

1. Prosthetic failure.
2. Residual limb skin breakdown.
3. Pain in residual limb with use of the prosthesis.
4. Risk of fall while using the prosthesis.
5. Reduced circulation (blood flow) to a limb if it is buckled too tightly.

 **IF YOU HAVE ANY CONCERNS WITH YOUR PROSTHESIS PLEASE CONTACT YOUR IFIT PROSTHETIST FIRST.**

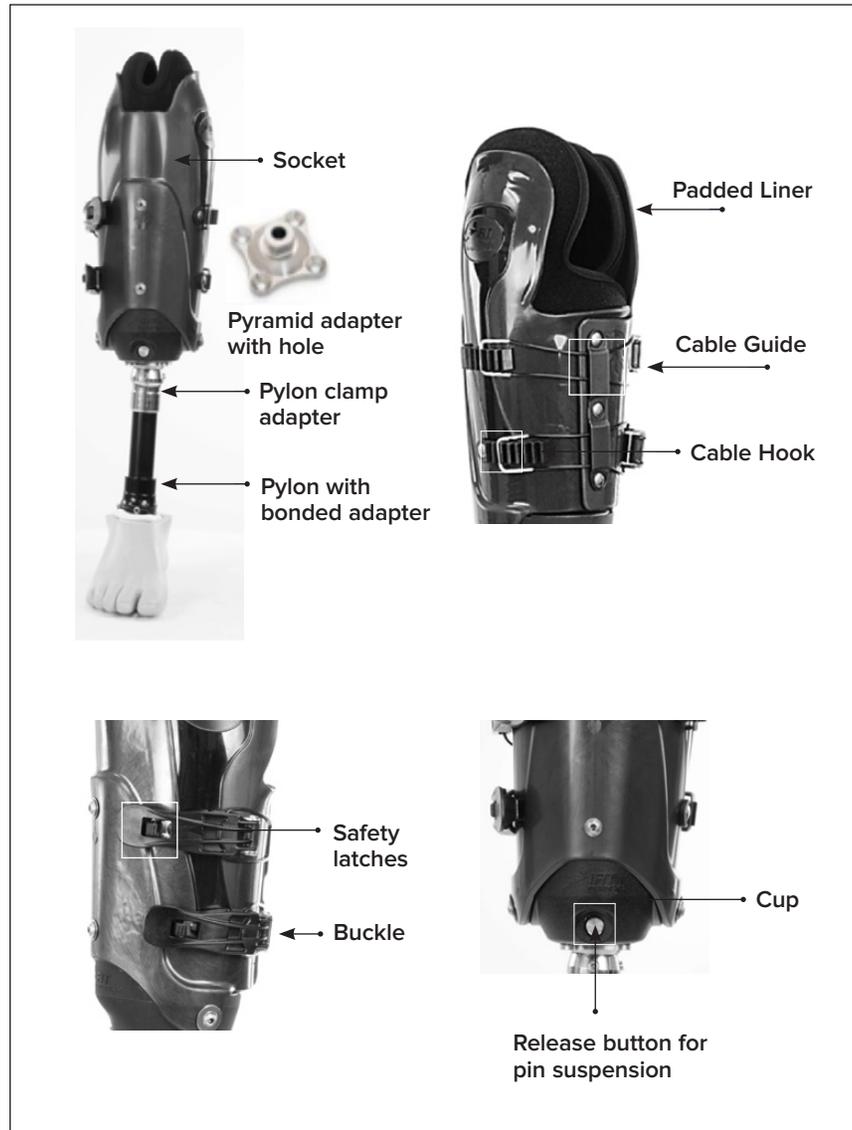
Legal disclaimer:

iFIT warrants that the iFIT transtibial prosthesis sold to you will be free from manufacturing defects for a period of one (1) year from your purchase of the prosthesis provided you have fully complied with all use and care instructions contained in this user guide. Parts covered under the warranty include the sockets, buckles and locks. Cables and inner liners are not included in the warranty. Any iFIT transtibial prosthesis which you allege to be defective (including any sockets, buckles or locks you allege to be defective), despite your full compliance with all such use and care instructions, may be returned by you to the prosthetist who sold the prosthesis to you within one (1) year of your purchase of the prosthesis. Upon timely return of such prosthesis (or sockets, buckles or locks, as applicable), and provided iFIT confirms that the prosthesis (or sockets, buckles or locks, as applicable) included a manufacturing defect (and that any defect was not due to your failure to comply with all such use and care instructions), iFIT shall repair or replace the prosthesis (or sockets, buckles or locks, as applicable). By using the iFIT transtibial prosthesis, you agree that the foregoing repair or replacement obligation is the only obligation iFIT has to you relating to any defective prosthesis (including sockets, buckles or locks), and that this limited warranty and obligation is in lieu of all other warranties or obligations, express or implied, oral or written, including the implied warranties of merchantability and fitness for a particular purpose, all of which are hereby waived. By using the iFIT transtibial prosthesis you also agree that other than iFIT's repair or replacement obligation set forth herein, in no event shall iFIT be responsible for any direct, indirect, consequential, incidental or special losses, damages or liabilities, including without limitation medical expenses, lost wages and lost profits, arising out of any such manufacturing defect and you waive, release and agree not to hold iFIT responsible for any and all such losses, damages or liabilities. If, notwithstanding the foregoing, iFIT is determined by any court of law with jurisdiction to be liable for any such damages, regardless of whether such liability arises in contract, tort (including, without limitation, negligence or strict liability) or otherwise, by using the iFIT transtibial prosthesis you further agree that the amount of the losses, damages or liabilities shall in no event exceed the amount paid by you for the prosthesis. By using the iFIT transtibial prosthesis, you waive, release and agree not to hold iFIT responsible for any and all losses, damages or liabilities in excess of that amount.

By using the iFIT transtibial prosthesis you also agree that in no event shall iFIT be responsible for any direct, indirect, consequential, incidental or special losses, damages or liabilities, including without limitation medical expenses, lost wages and lost profits, arising out of any such risks, and you waive, release and agree not to hold iFIT responsible for any and all such losses, damages or liabilities. If, notwithstanding the foregoing, iFIT is determined by any court of law with jurisdiction to be liable for any such damages, regardless of whether such liability arises in contract, tort (including, without limitation, negligence or strict liability) or otherwise, by using the iFIT transtibial prosthesis you further agree that the amount of the losses, damages or liabilities shall in no event exceed the amount paid by you for the prosthesis. By using the iFIT transtibial prosthesis, you waive, release and agree not to hold iFIT responsible for any and all losses, damages or liabilities in excess of that amount.

Section II • iFIT Prosthesis Component Guide

Please use this guide in any communications regarding your prosthesis. This will help the healthcare provider and the manufacturing company when responding to any questions you may have.



Section III • Instructions

STEP A: INITIAL DEVICE CHECK

1) It is important to check your device every day prior to putting it on. No screws should be loose, and there should be two cables along the back.



2) When checking the silicone locking liner (with pin), always make sure the pin is secured and not loose. This liner should be rolled onto the residual limb without any gaps or air bubbles at the end. Make sure the pin sticks out directly below the limb and that it is not angled in one direction.



3) The prosthesis liner should be securely placed in the prosthetic socket, with the liner reaching the bottom of the socket. Make sure the liner is not wrinkled or folded down into the prosthesis.



4) The outer flap of the prosthesis should have the cable guides with the cables passing through it and attaching to the hooks. The inner flap is smooth and slides under the outer flap.



STEP B: PUTTING ON THE DEVICE

1) Place your residual limb in the prosthesis so that the pin goes through the hole in the bottom. **Make sure the pin engages the lock.** You will hear a clicking noise when the pin engages.



You should ensure that the pin is firmly engaged by trying to push the prosthesis off your leg. If it is properly engaged, the prosthesis will not pull off. **Do not** use the prosthesis if it is not firmly attached.

2) Make sure the inner flap is under the outer flap which has the cable guide, or the prosthesis will not buckle correctly. Doing so may also cause breakage.



Correct



X Incorrect

Also, make sure the inner neoprene liner stays in place and does not wrinkle or fold into the prosthesis when putting it on, this may cause discomfort.

3) Secure the prosthesis by placing the end of the top cable into one of the top hooks of the prosthesis (this should be marked off by the healthcare provider).



You may need to start looser and then gradually tighten the cables by buckling and re-buckling until the optimal hook is reached.

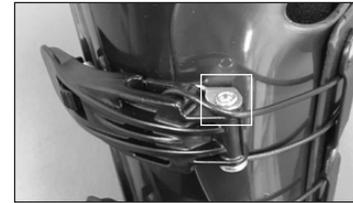
The prosthesis can be loosened or tightened anytime by moving the cable 1 hook at a time. **Always make adjustments while seated.**

4) With your hands outside of the buckle lever, pull closed until the safety is latched. Begin at the top and then repeat on the bottom.

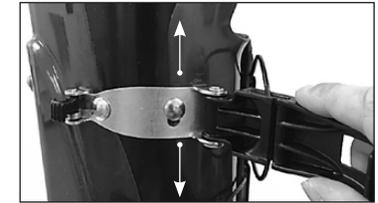
! Do not stand before fully buckling both buckles and checking to be sure they are locked and cannot be accidentally opened.



5) Make sure the cable is not hooked over the buckle as shown in picture **A**. This can cause excess wear on the cable. To prevent the cable from catching, the buckle can be shifted up or down as shown in picture **B**.



A.



B.

6) Always check that the buckles are securely fastened by checking that the safety latch is engaged.



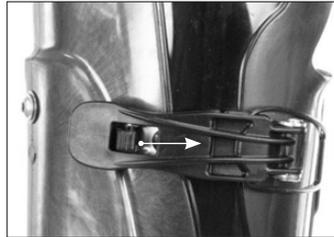
7) Once buckled, stand up to test out the tightness. If too tight or too loose, return to a seated position, and move the buckle either one notch forward or one back for adjustment.

 If the socket causes pain when buckled contact your healthcare provider.



STEP C: TAKING OFF THE DEVICE

1)  Begin in a seated position. Press the safety latch on the buckle rearward in order to lift the buckles and unbuckle the cables.



2) Next, press the clutch release button located on the front of the device to disengage the pin. The limb should easily slide out of the prosthesis.



STEP D: CLEANING AND MAINTENANCE

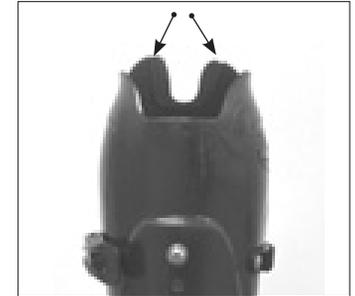
1) Follow the manufacturer's directions for cleaning the silicone locking liner. Make sure to clean the silicone part which contacts the skin every day with soap and water to prevent infection.



2) The padded inner liner may be taken out and washed on a gentle cycle then air dried. It is very important you do not put the liner in the drier as high heats may cause damage.

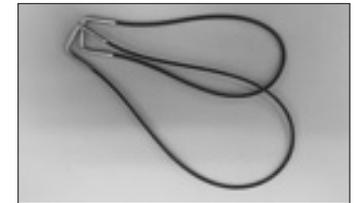


3) When replacing the liner back into the prosthesis, make sure it is properly aligned with the prosthesis.



If the liner starts to show any signs of wear, a replacement should be ordered.

4) Check your cables periodically to make sure they are not fraying.



If any issues arise, make sure to contact your prosthetist.

Most issues may be resolved by adding padding in an area or making an alignment adjustment.

We hope you enjoy your new iFIT Prosthesis!

Appendix A • Wear Schedule

DAY 1	Wear 2 hours	Check limb. Keep off for 5 minutes.	If no issues...	Wear 2 additional hours
DAY 2	Wear 3 hours	Check limb. Keep off for 5 minutes.	If no issues...	Wear 3 additional hours
DAY 3	Wear 4 hours	Check limb. Keep off for 5 minutes.	If no issues...	Wear 4 additional hours
DAY 4	Wear 5 hours	Check limb. Keep off for 5 minutes.	If no issues...	Wear 5 additional hours
DAY 5+	Wear as tolerated. Check every few hours to assess residual limb or if you have any discomfort. Check limb if any discomfort occurs.			

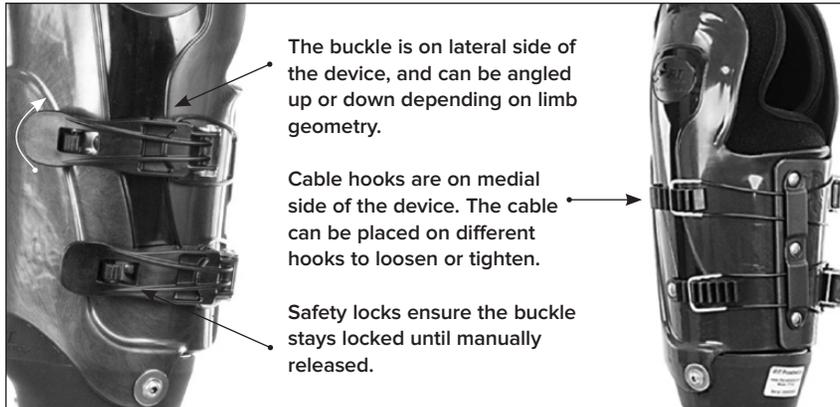
 **If pain develops loosen the prosthesis one notch. If pain does not decrease, discontinue use and contact your prosthetist.**

Please report any injury or skin problem immediately to your prosthetist and discontinue use of it until you can be re-evaluated by your prosthetist.

iFIT Prosthesis Key Features

Adjustable Buckle System

The diameter of the device is adjusted through the cable and buckle system. Several sizes of cable are available depending on limb circumference.

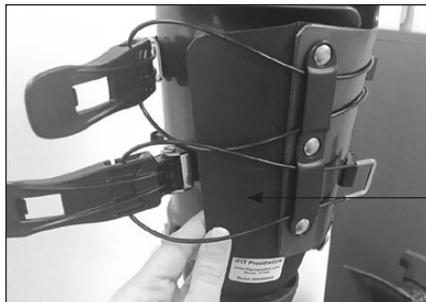


Standard and Wide Device

For limbs that measure 15-20cm in length from base of patella to end there are the following choices: standard, wide and x-wide. The wide version (pictured below) can be modified to become smaller if the amputee shrinks down.



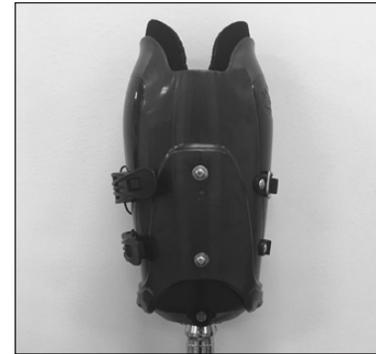
Side spacer can be removed.



Flap can be trimmed down.

X-Wide and Tall Socket

The X-wide socket fits limbs that measure up to 49 cm in circumference. Good as a preparatory prosthesis for when the limb needs to shrink.



X-wide size

The tall socket is for longer limbs that measure 20-26cm from base of patella to end.



Tall size

Customizable Neoprene Liner and Padding Kit

Each device comes with a 5mm thick neoprene liner. The liner has silicone on the distal and tibia portion to provide extra comfort to these areas.



The neoprene liner provides comfort to the residual limb. It comes secured within the prosthesis with Velcro.



A padding kit comes with each device to customize the fit. There are a variety of shapes that adhere to the liner with Velcro and can be cut or trimmed down.



The neoprene liner can be built up in certain areas to relieve pressure on sensitive areas. Highly sensitive areas can be padded such as the tibia (pictured).

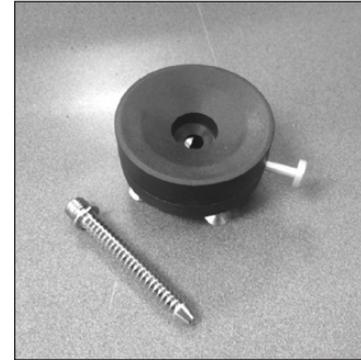
Heat Molded Liners

Heat moldable liners are available as an “add on” for greater customization. These liners contain a special memory foam material which are heated on a low temperature, and in minutes provide a custom form fitting liner.



Shuttle Lock System

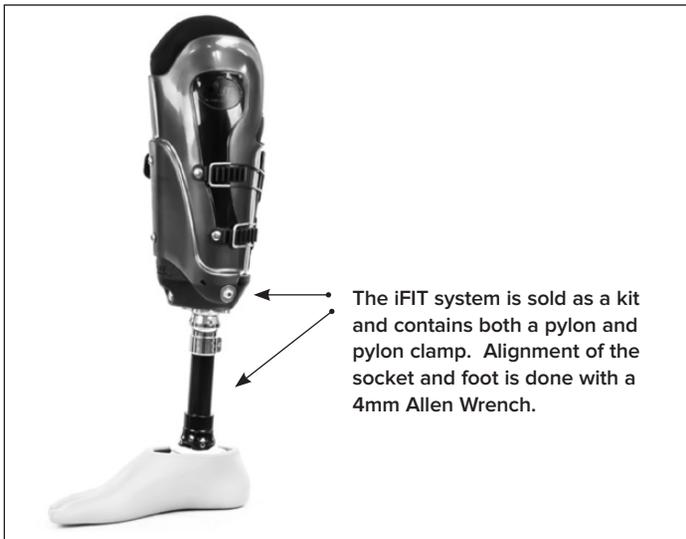
Each device has a Bulldog Genesis Shuttle Lock already secured in the cup. The lock is attached to a conventional pyramid adapter with hole. Two pins are provided with each prosthesis.



Front release button for shuttle lock system

Alignment System

Both the socket and foot are aligned by the iFIT healthcare provider.



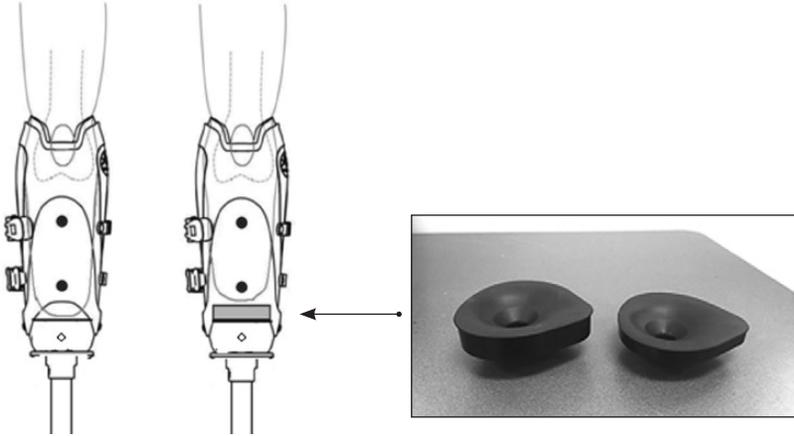
Supracondylar Support—Highly Durable Socket

The sides of the device are designed to go over the medial and lateral femoral condyles to give the knee more stability. Advanced polycarbonate materials comprise the socket to make it strong yet flexible and lightweight.



Spacers for Different Limb Lengths

Two sizes of spacers come with each prosthesis to allow for proper placement of the limb in the prosthesis. The patella should lie along the brim of the prosthesis to ensure supracondylar support. The device is recommended for limb lengths 15-20cm measured from base of patella to end.



Frequently Asked Questions

1) Are there different sizes of the iFIT Prosthesis?

Yes, there are six different sizes of the transtibial prosthesis. Each can be adjusted by the wearer when volume changes occur. Larger adjustments can be made by the prosthetist.

2) What do I do if I have reached the limit of how far I can adjust my prosthesis?

Always contact your prosthetist if the device is not getting tight enough; it is critical the prosthesis has a snug fit. Your prosthetist can make larger adjustments by making simple modifications to your prosthesis.

3) How many times a day should I adjust the buckle system?

This will depend on how much volume change you experience. We suggest assessing your device every couple of hours or after extended ambulation or activity to ensure it is snug.

4) Can I wear the prosthesis in the water?

Yes, you can wear the prosthesis in the water provided you have a waterproof foot. If you are wearing the prosthetic in saltwater always rinse with freshwater after. The liner may require 1-2 days to fully dry out.

5) What is the max weight of the prosthesis?

The narrow, standard, wide, and tall all have a max weight of 260 pounds. The X-wide and Ultra are 350 pounds.

6) The inner neoprene liner is showing signs of wear and flattening out, are there replacements?

Your prosthetist can order you a replacement liner and padding, please contact them.

7) How long is my device warrantied for?

Every iFIT prosthesis is guaranteed for a one year period.

8) I sometimes notice space in between my limb and prosthesis when I'm sitting, is that normal?

Since the prosthesis goes slightly higher on the limb, you may notice this. However, if the prosthesis feels secure when you are walking it is nothing to be concerned with.

9) Can I get this device with suction suspension or vacuum?

The iFIT Prosthesis can only be used with pin suspension at this time.

10) How can I alleviate any squeaking I hear coming from the prosthesis?

We have found putting a piece of Velcro in between the two flaps in back can reduce squeaking. Silicone spray can also help. Contact your prosthetist to assist with reducing squeaking and also have all screws checked.

Feedback Form

We would love to hear your feedback on the iFIT Prosthesis. Please use this link to complete a short survey: <https://surveyhero.com/c/f8f0bd08>



Our mission is to produce high quality,
affordable prosthetic devices that enhance
the lives of persons with amputations.
iFIT Prosthetics is a proud, veteran-owned
American business making products
in Milwaukee, WI.



ifitprosthetics.com

N27 W23655 Paul Road • Pewaukee WI 53072

Products mentioned herein are trademarks or registered trademarks of iFIT Prosthetics, LLC. The products are protected by US patents 8470050, 8491667, and 8845755.

The Right Fit, Right Now