



## **iFIT Transfemoral User's Guide**

**TF300**

**2021**

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## **Section I. Introduction**

Congratulations on obtaining your new iFIT transfemoral 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 you with 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. Please note, these pictures feature a white inner liner while most devices have our latest black material. Please follow these instructions so you can continue to achieve a great fit. We strongly suggest using the wear schedule on page 10 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 can customize and fit this device to your needs.**

Thank you for choosing iFIT Prosthetics!

## Patient Advisory Warnings

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.

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

The socket 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. You should always wear a silicone locking liner (this is the liner with a pin attached) that is compatible with the suspension in the device. You should also ensure it is buckled tightly and securely to prevent rotation during walking.



**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 it with one prescribed by your healthcare provider that works with the iFIT prosthesis system. The silicone liner should be trimmed higher than the prosthesis to prevent rubbing/ skin breakdown.**
- **Do not stand or walk without buckling all 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.
- Let your prosthetist know if there are any areas of excessive rubbing or pinching so they can modify the socket.
- The iFIT transfemoral (above knee) 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 liner shows signs of excessive wear or tears please contact your prosthetist to have it replaced.
- 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.



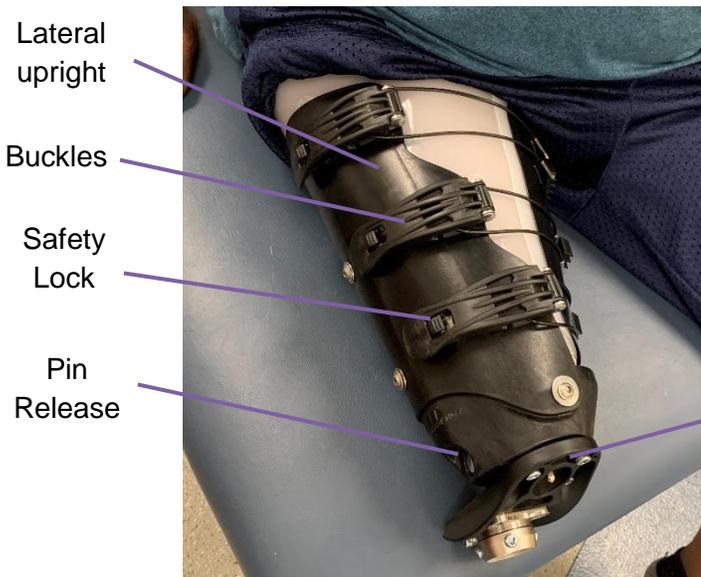
**If you have any concerns with your prosthesis please contact your iFIT prosthetist first.**

## Section II. iFIT Prosthesis Components\*

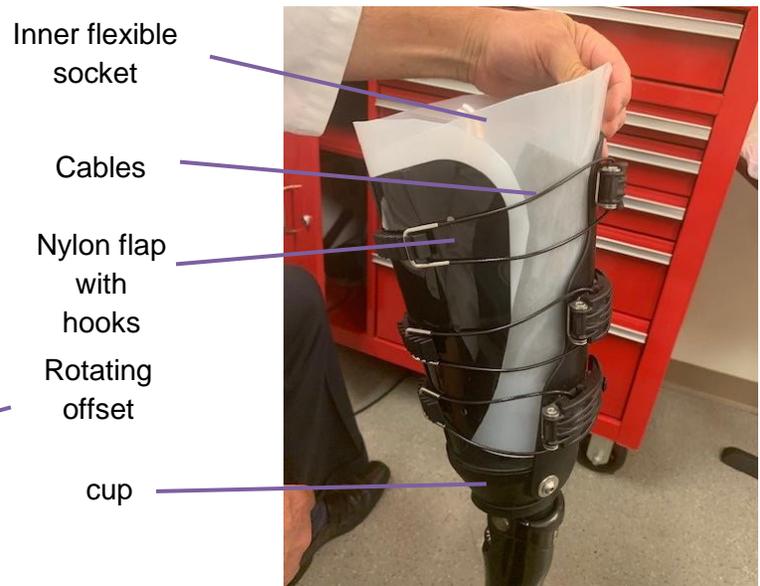
Please use this guide in any communications regarding your prosthesis. This will help the healthcare provider and the manufacturing company when responding to any questions you may have.

\*The pictures in this guide show a white liner, we have recently updated our product to include a black liner. The white is pictured to delineate the liner and the other socket components.

Lateral View



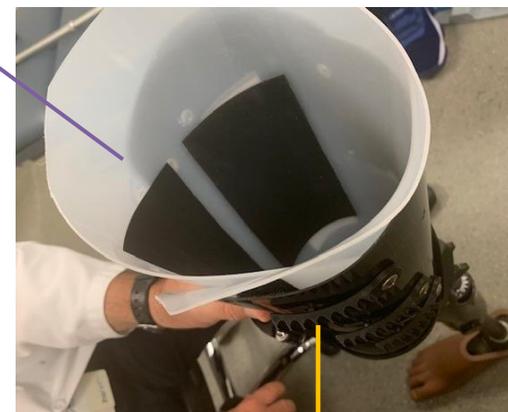
Medial View



iFIT Rotating Offset



Inside View



### Section III. iFIT Above Knee Prosthesis Instructions

**Complete a device integrity check prior to putting on.**

1. Make sure the anti-rotation tape and liner are in place.



**Putting on the silicone locking liner.**

1. Check the silicone locking liner and 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. This liner should be trimmed above the edge of the socket to protect the skin.



**Donning the prosthesis.**

1. Begin in a seated position while wearing a silicone locking liner.
2. Slide the prosthesis onto the residual limb making sure the prosthesis is in line with the limb. If the prosthesis is put on at an angle the pin will not go in.
3. Make sure the pin engages in the lock with at least 3 clicks.



## Buckling the prosthesis.

1. Make sure you are seated.
2. Make sure the flap with the hooks are on the outside flap.
3. The bolt on the lateral upright should be facing directly upward.



4. We recommend starting with the **middle or top buckle** first. The lower buckle is secured last.
5. You may need to start looser and then gradually tighten the cables by buckling and re-buckling until the optimal hook is reached. You may notice that once you tighten one area another cables loosens- continue to optimize until the right tightness is achieved.
6. Always make sure your hand is on the **outside** of the buckle.



7. If you notice that the edge of the liner or flap with the hooks is running into the lateral upright, please contact your prosthetist to have this piece trimmed down.



8. Always check that the buckles are securely fastened by checking that the safety latch is engage.



### **Making adjustments using the buckle.**

1. Once buckled, stand up to test out the tightness.
2. If too tight or too loose, return to a seated position.
3. Move the cable 1-2 notches either forward or backward until the right fit is achieved.
4. Once you find a snug fit, you can also mark this notch with a marker if needed. We have found a silver marker works well.



### **Important**

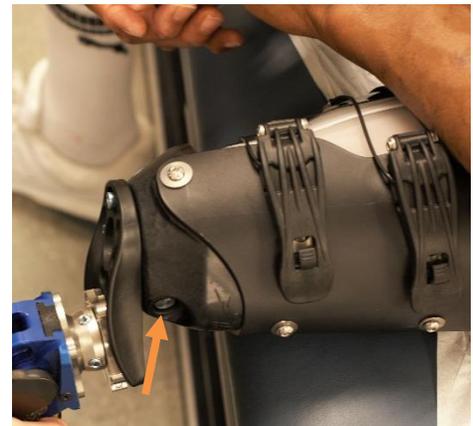
If you notice any excessive movement of the limb inside the socket, contact your prosthetist immediately. Many persons with amputation shrink in size and may need their prosthesis adjusted by the prosthetist.

## Doffing the prosthesis

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



3. Press the pin release button located on the lower lateral side of the prosthetic. This button is recessed and must be held down while the limb is pulled out of the prosthetic.



4. The limb should slide out easily. If you are having difficulty make sure you are sliding the prosthetic off in the direction of the pin- otherwise the pin will be caught at an angle.

## **Cleaning and maintaining the prosthesis**

1. You should clean your silicone locking liner after each use and allow to dry. Please refer to the manufacturer instructions.
2. The prosthesis can be cleaned with a damp cloth.
3. Regularly inspect the anti-rotation pads and liner of the device. If either is damaged or has moved please contact your prosthetist.
4. Periodically inspect the cables on the device to make sure they are not showing signs of excessive wear (i.e. fraying). If they do, please contact your prosthetist.

## **Using the prosthesis in the water**

5. The prosthesis can be worn in the water if used with an appropriate waterproof knee and foot. Please discuss with your prosthetist prior to using in the water.
6. After using in freshwater, empty all of the water out of the device by turning it upside down. Allow to dry completely before using again.
7. If using in saltwater, make sure you rinse the entire device out with freshwater. Next, refer to freshwater directions above.

## **Warranty**

1. This device is warrantied for 1 year. If any component breaks please contact your prosthetist for replacement.
2. The lock on the device is warrantied for 1 year. If it malfunctions please contact your prosthetist. Do not use without a functioning lock.

## Section IV. Wear Schedule

Day	Wear Time			Total Time
DAY 1	Wear 2 hours	Check limb. Keep off for 5 minutes. If no issues→	wear 2 additional hour	<b>Total: 4 hours</b>
DAY 2	Wear 3 hours	Check limb- Keep off for 5 minutes. If no issues→	wear 3 additional hours	<b>Total: 6 hours</b>
DAY 3	Wear 4 hours	Check limb Keep off for 5 minutes. If no issues→	wear 4 additional hours	<b>Total: 8 hours</b>
DAY 4	Wear 5 hours	Check limb Keep off for 5 minutes. If no issues→	wear additional 5 hours	<b>Total: 10 hours</b>
DAY 5+	Wear as tolerated. Check every few hours to assess residual limb. 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.**