Unlock Ankle
Rotate the D-ring handle 180° (1/2 turn) in the direction of the unlock arrow until it stops. It is not necessary to pull on the D-ring. Rotate D-ring with thumb and index finger.

**Note:** Do not store the Activankle in the locked walking position when the Activankle is new. The locked walking position requires a break-in period before the ankle will unlock easily from this position. If it is difficult to start the rotation of the D-ring handle when unlocking from the walk position, extra thumb or hand pressure may be necessary. **Do not use tools to rotate handle.**

Positioning Foot
Move the foot to the desired walk or swim position. The Activankle is in the swim position when fully plantar flexed. The Activankle is in the walk position when the top and bottom surfaces are parallel. A slight resistance will be felt when moving the Activankle to the walk position. When resistance ceases, the Activankle is ready to lock.

Lock Ankle
*The Activankle must be very close to the walk or swim position to lock.* Rotate the D-ring handle 180° (1/2 turn) in the direction of the lock arrow until it stops. If the handle will only partially rotate, (do not force), then turn the handle back to the unlocked position and reposition the foot slightly. *The Activankle must be very close to the walk or swim position to lock or binding will occur.* If the handle has become bound between the lock and unlock positions, move the Activankle to the correct walk or swim position and then continue to rotate handle. Note: This is more easily accomplished when the Activankle is attached to a foot and a prosthesis.

Tips
- When the Activankle is new, it may be necessary to apply more pressure to start D-ring rotation when unlocking the walk position.
- The Activankle must be very close to the walk or swim position to lock or binding will occur.
- The Activankle is intolerant of sand or dirt. If the neoprene cover becomes cut or torn, it is easily repaired with neoprene cement. Don't wait. Repair it as soon as possible.
- **If the D-ring handle becomes difficult to rotate, do not force with pliers or any other tool. It is time to disassemble and clean.** If the Activankle stops functioning properly, use the cleaning kit that came with the Activankle or the Activankle may be returned to Rampro for cleaning. ($35 + shipping)

The Activankle may also be used for snow skiing or rowing in the unlocked position. Snow skiing in the locked position will void warranty.