

# ACTIVANKLE® OPERATION INSTRUCTIONS

Rampro

*(If there is no movement between the top and bottom surfaces of **Activankle**, then the ankle is locked.)*

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## 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.

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ACTIVANKLE and SWIMANKLE by Rampro

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