

How to apply

VACOped ® by OPED

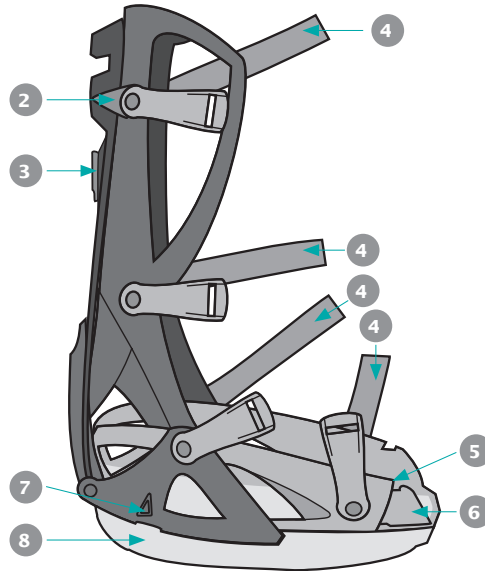
VACOcast ® by OPED

VACOped ® by OPED
DIABETIC

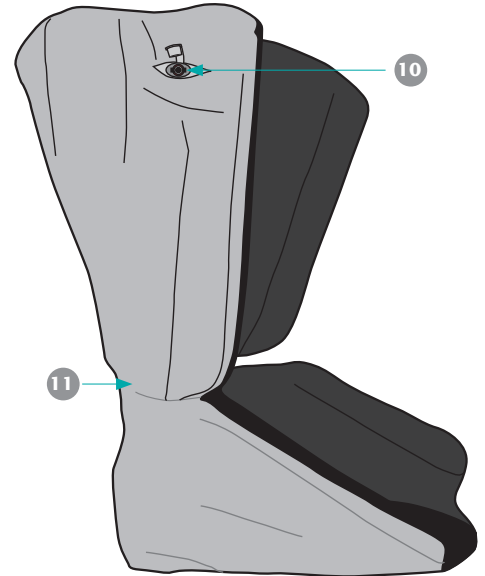
Names of Parts

1. Dorsal shell
2. Calf circumference clasp
3. Key and key mounting
4. Girth strap
5. Groove
(to position ventral shell)
6. Toe extension plate
7. Sole release button
8. Rocker sole
9. Vacuum cushion
10. Valve
11. Liner
12. Ventral shell
13. Toe flap
14. Lower ventral shell flaps
15. Range of Motion (ROM) tool
16. Upper angle restrictor
- 16a. Window (to read angle)
17. Lower angle restrictor
18. Wedge sole
19. Valve cap
20. Valve ring
21. Release button
for toe extension plate
22. Pump

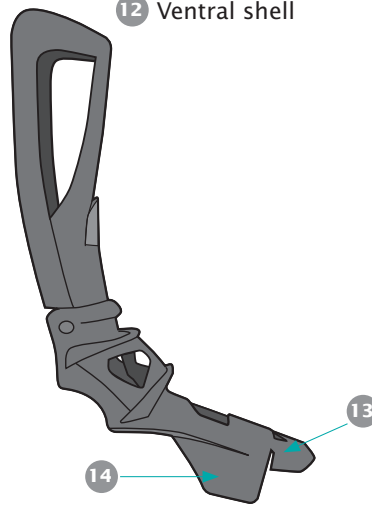
1 Dorsal shell



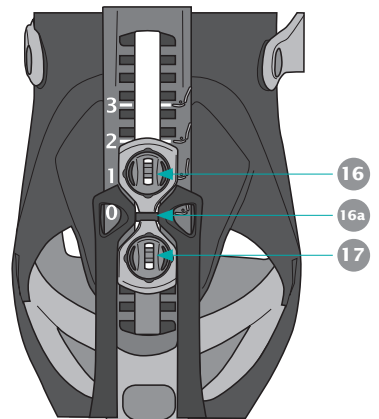
9 Vacuum cushion in liner



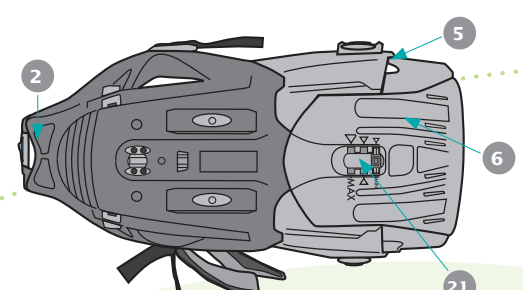
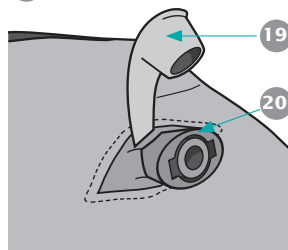
12 Ventral shell



15 ROM tool (not on VACOcast)



10 Valve



18 Wedge Sole



22 Pump



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Preparation

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1. Select boot size

Size is marked at key mounting and at ventral shell.

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Sizes:	Small	Medium	Large
EUR	35 – 39	39 – 44	44 – 50
UK/AU (W)	2 – 5	4 ½ – 10	9 ½ – 16
US/AU (M)	2 ½ – 5 ½	5 – 10 ½	10 – 16 ½
US (W)	4 ½ – 8	7 ½ – 13	12 ½ – 15

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Sizes:	Small	Medium	Large
EUR	35 – 39	39 – 43	43 – 49
UK/AU (W)	2 – 5	4 ½ – 9	8 ½ – 15
US/AU (M)	2 ½ – 5 ½	5 – 9 ½	9 – 15 ½
US (W)	4 ½ – 8	7 ½ – 12	11 ½ – 14

Can be worn on the right or left foot.

Please note that there is no exact international standard for shoe sizing. If boot seems too narrow for the foot or too small around the ankle or the calf, try the larger size.

2. Undo the 4 girth straps to remove vacuum cushion with liner and ventral shell from dorsal shell.

3. Test fitting of boot for adjustments I and II

Position leg into dorsal shell. Toes must not extend past the end of the toe extension plate.

→ To adjust toe extension plate, refer to (I) below

Position ventral shell onto shin. At the top, ventral shell must reach dorsal shell.

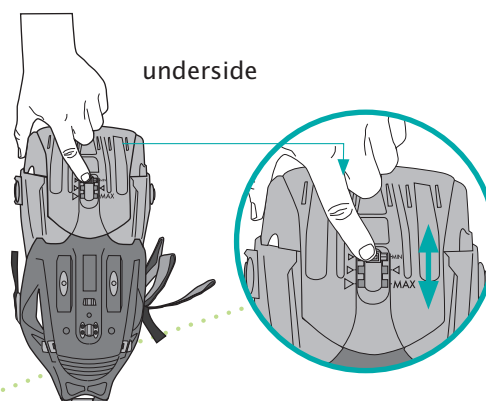
→ To adjust calf circumference clasps, refer to (II) below

(I) Adjust foot bed length (toe extension plate)

Remove the sole (see page 5).

Press the release button for the toe extension plate.

Pull the toe extension plate to the required length.



(II) Adjust calf circumference clasps

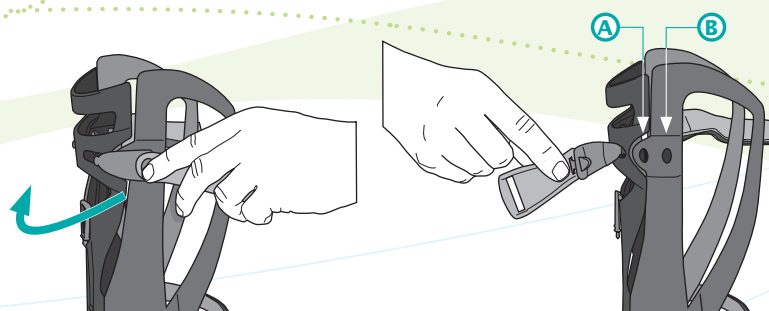
Pull the clasp to release it from the dorsal shell:

A = Large calf circumference

B = Small calf circumference

Push clasp into desired position (A or B).

Repeat on the other side.

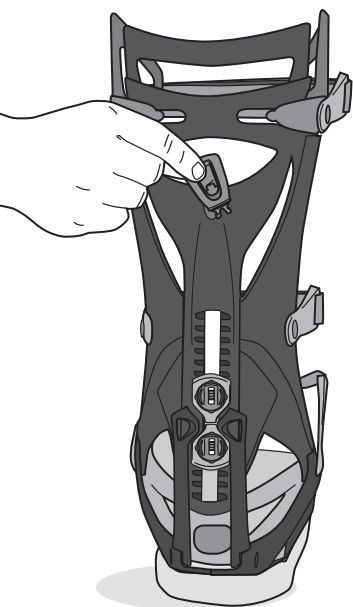


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Preparation for VACOped (Diabetic)

FOR STAFF USE ONLY

4. If the angle requires adjustment
(Fixed or Range of Motion (ROM)), see below

Angle in degrees is displayed in the window (multiply it by 10).

(a) Take the light grey key out of its mounting on the dorsal shell.

(b) Insert the key into the required (lower or upper) angle restrictor.

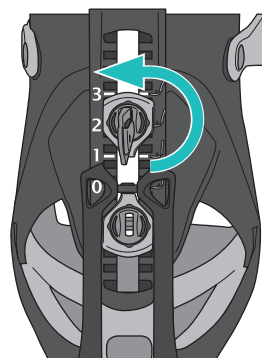
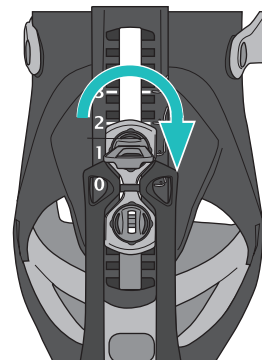
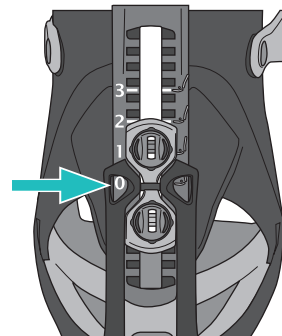
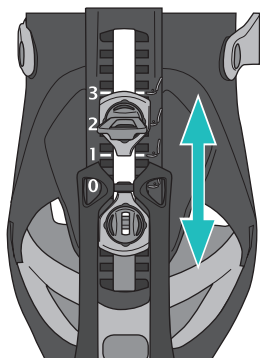
(c) Turn the key until it is horizontal.

(d) Lift the angle restrictor with the key and push it into the desired position.

(e) Turn the key until it is vertical.

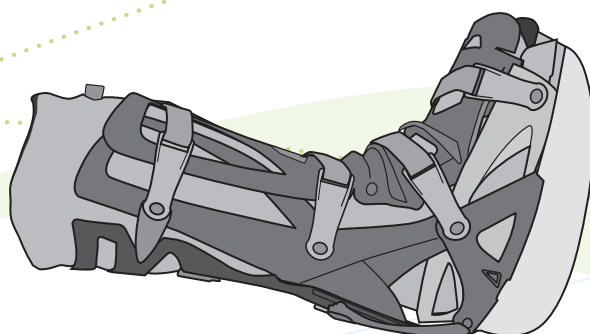
(f) If necessary, repeat (b) – (e) for other angle restrictor.

(g) Return the key to its mounting.

**Note:**

There is no ROM when angle restrictors are touching each other.

Note: Please use the wedge sole for settings between 10° and 30°.



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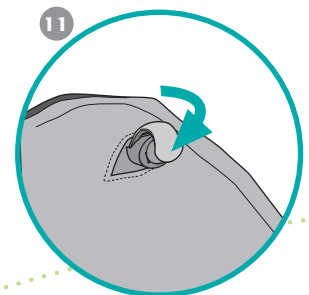
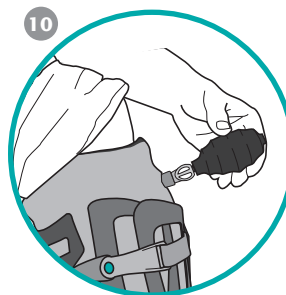
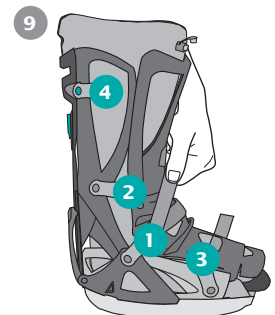
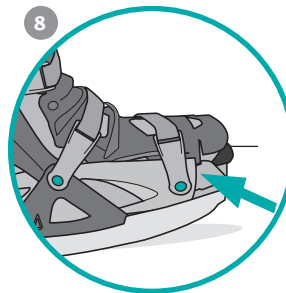
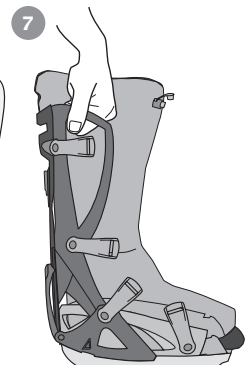
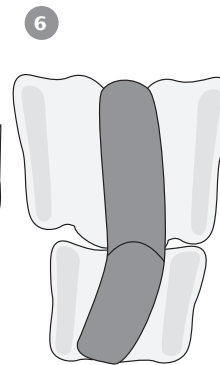
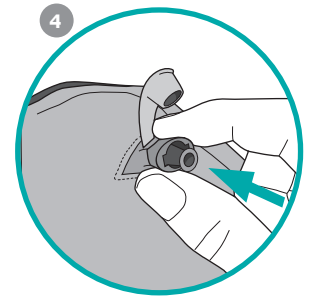
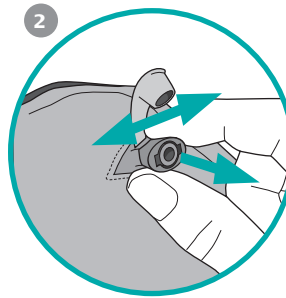
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Application

1. Ensure vacuum cushion with liner is removed from dorsal shell by undoing girth straps.
2. Equalise vacuum cushion by taking valve cap off
Gently pull valve ring until it is flush with valve top.
3. Knead vacuum cushion until loose
4. Push valve ring down again
5. Smooth out under foot area by hand
6. Insert leg snugly into liner, close liner
7. Slide leg with liner into dorsal shell.
Ensure heel is against the back of the dorsal shell.
8. Align ventral shell with dorsal shell:
Only the lower ventral shell flaps go inside the dorsal shell. The ventral shell must be pushed back such that toe flap allows toes to move.
Pay attention to the accessibility of the valve.
9. Close girth straps in the order as shown in diagram.
Girth straps 3 and 4 need not be very tight.
10. Extract air from vacuum cushion by attaching grey end of the pump to the valve. Pump repeatedly until pump bulb no longer expands.
11. Close the valve cap
12. Readjust girth straps 1 and 2, if necessary



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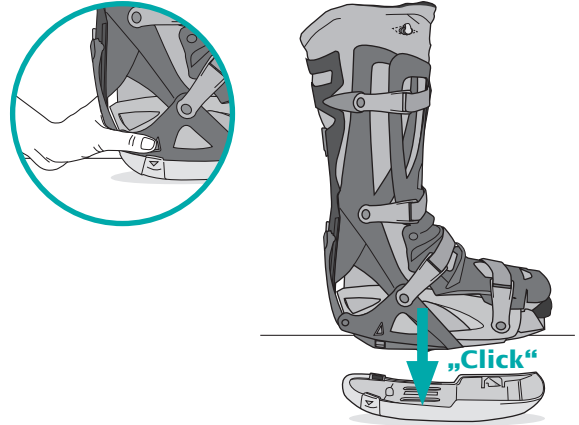
Extra Information

How to remove the boot

Open the girth straps. Remove the ventral shell. Open the liner.

How to remove the sole

Press both sole release buttons simultaneously.



How to attach the sole

Place the bottom of boot directly into the center of the sole. Press the boot against the sole (until two clicks are heard).

Bathing instructions

2 options (check with your health care professional):

- (a) For extra support, shower with the boot on. After showering, while sitting, exchange the wet liner with a fresh liner.
- (b) If completely safe to do so, the boot can be removed prior to showering.

How to cover vacuum cushion with fresh liner

Open the zip completely.

Remove the vacuum cushion.

Soften the vacuum cushion by gently pulling the valve ring until it is flush with valve top.

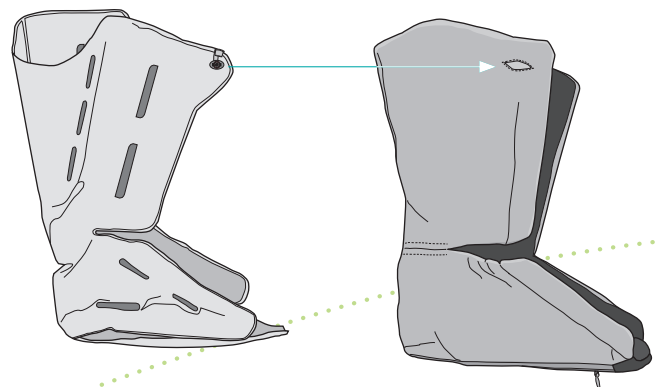
Smooth out the vacuum cushion with your hand.

Push the valve ring down.

Extract the air with the pump to make the vacuum cushion hard.

Put the vacuum cushion back into the new cover and insert the valve through the buttonhole.

Close the zip.



Washing instructions

Straps: washing machine 40° C (104° F).

Liners: washing machine 60°C (140°F), wash with similar colours, close the zipper and hook-and-loop fastener first. Wash liner together with towels.