

1A920 EASY RUN BLADE



(Assembly and adjustment instructions for the CPOs)

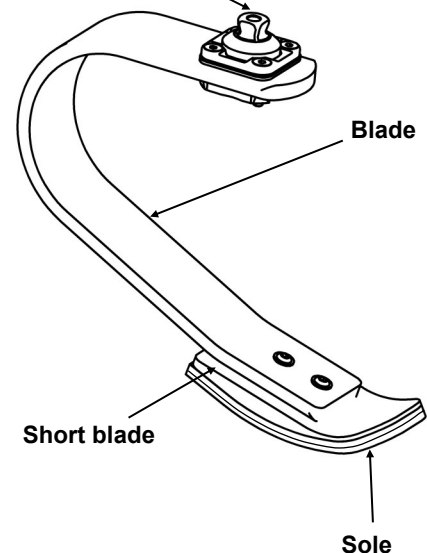
1- Description and functions

The 1A920 EASY RUN blade includes the following components :

- One C-form blade that allows energy storage and return
- One short blade with a radius of curvature optimized for running
- One sole to ensure good ground contact and good resistance to wear.
- One adapter for the connection to the prosthesis.

1A920 blade weight					
M1	M2	M3	M4	M5	M6
930 g	960 g	990 g	1020 g	1050 g	1080 g

Adapter 1K60



2 - Indications, maximum weight and connecting components

The EASY RUN blade is designed exclusively for lower limb prosthesis.

It is appropriate for patients with normal or high activity level whose « weight with carried load included » complies with the table below (up to 110 kg)

Its use is mainly intended for BK amputation or agenesis, but remains possible with AK amputation. Its build height is 220mm.

There are specific risks due to lower limb amputation (patient falling, trophic disorders of the residual limb caused by the prosthesis socket, ...). For these reasons, the patient must be trained to running by a CPO or a physiotherapist, or in a disabled sports club or a rehabilitation center.

Running on a treadmill can be considered under human supervision only, and never when the patient is alone.

The blade is resistant to fresh, sea or chlorinated water provided that the recommendations of §7 are respected.

It includes a rotating male pyramid.

Adapter 1K160 is recommended with the following components : 1K183, 1K185, 1K207-HD, 1D41-HD.

If necessary, adapter 1K60 can be replaced by adapter 1K66 that is recommended with the following components : 1K203 , 1K202, 1K190, 1K209, 1K204.

1A920 blades : Module selection depending on the patient weight and activity							
Weight	40-49 kg (88-108 lb)	50-59 kg (110-131 lb)	60-69 kg (132-153 lb)	70-79 kg (154-175 lb)	80-89 kg (176-197 lb)	90-99 Kg (198-219 lb)	100-110 kg (220-242 lb)
Jogging		M1	M2	M3	M4	M5	M6
Running	M1	M2	M3	M4	M5	M6	



Preparation :

Trace on the socket the build lines and the knee joint center line.

Alignment in the sagittal plane :

The build line should go through the knee joint center marked on the socket and 60 to 70 mm behind the point where the blade gets in contact with the ground.

The knee-ground assembly height should be from 30 to 50 mm higher than that of the patient (shoe included).

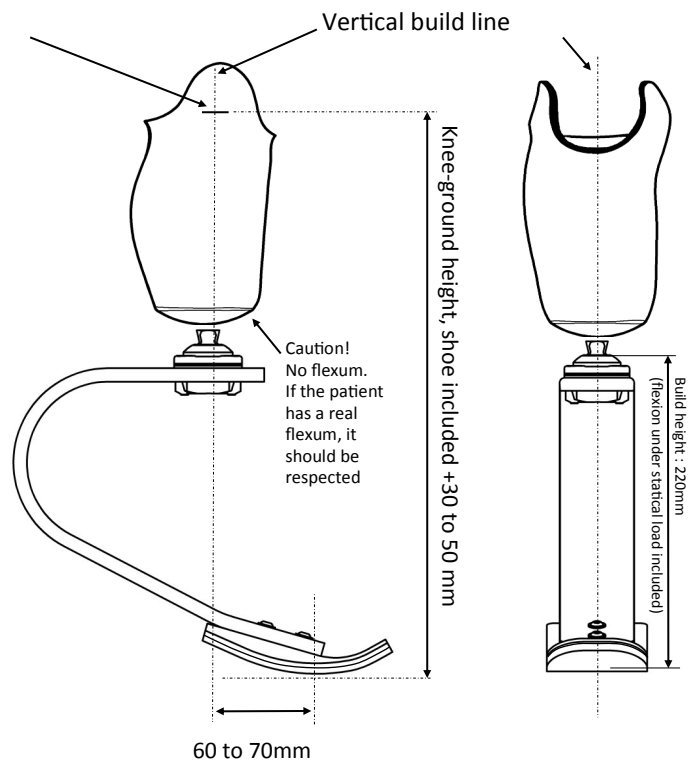
Alignment in the front plane :

The build line should go through the center of the socket and through the center of the blade (the blade should have an external rotation of a few degrees).

Finishing :

After adjustment and alignment, tighten the screws to torque 6 Nm and use Proteor XC047 adhesive to secure them.

Knee joint center
(15 mm above the joint line)



4– Alignment (with the patient).

1– Jump from one foot to the other : the blade must stand flat on the ground (frontal view).

2– Hopping : The blade should propel upwards (neither forwards, nor backwards). If needed, the tilt of the blade should be modified. In every case the patient should feel that his knee is free and easy to control (no hyper-extension due to the blade standing on the ground).

3– Running trial : The aim is to limit the muscular and ligament stresses and to decrease the energy used by the patient. For this purpose the height as well as the frontal and sagittal tilt are adjusted according to the patient's feeling. We look for a symmetric stride at the patient's running speed.

- Feeling of sinking too far, of excessive softness : The blade module is probably too flexible. You can check this while running with small steps on an upward slope : if energy return is not sufficient, the blade is too flexible.

Action : Change the module. For a finer adjustment the blade can be displaced forwards compared to the socket.

- Feeling of shocks, discomfort : the blade module is probably too stiff.

Action : Change the module. For a finer adjustment the blade can be displaced backwards compared to the prosthesis.

- Feeling that the prosthesis swings outwards or inwards : the blade is probably too far inwards or outwards.

Action : Tilt adjustment in the valgum or varum direction, or translation adjustment are necessary.

- Feeling of falling before contact (the shoulder falls) : the prosthesis is probably too short.

Action : the prosthesis height should be increased.

- Feeling that it is difficult to achieve the stride : the prosthesis is probably too long.

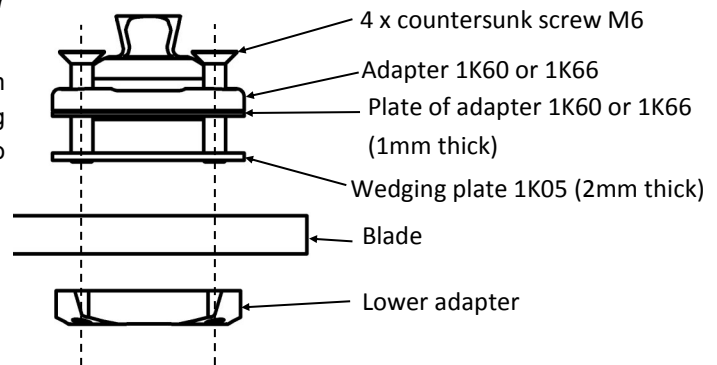
Action : the prosthesis height should be decreased.

5- Pyramid adapter adjustment

1A92099-0119 page 6/15

Changing the orientation of the pyramid or replacing adapter 1K60 by adapter 1K66.

Loosen or remove the adapter. Adjust its orientation, then reassemble or retighten it and apply thread locking adhesive on the threads of the lower adapter. Tighten to torque 6 Nm.



6- Maintenance.

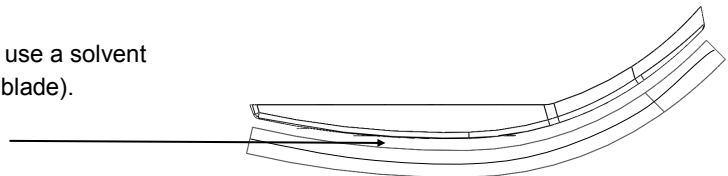
Spare kit for the sole and the underlayer :

2 colors are available :

Product Nr 1A92013-1 (green) or 1A92013-2 (black).

Take off the sole and clean the side to be stuck (do not use a solvent because this would damage the appearance of the short blade).

Sand the sides manually before sticking the underlayer on the short blade. Do the same to stick the sole on the underlayer (with neoprene adhesive XC090).



7- Advice for use, maintenance and safety



The product should be assembled only to the authorized prosthetic components mentioned in paragraph « 2 - Indications, maximum weight, adapter ».

The instructions for maximum weight and activity (running, jogging) when using the product should be respected.

There are specific risks due to lower limb amputation (patient falling, trophic disorders of the residual limb caused by the prosthesis socket, ...). For these reasons, the patient must be trained to running by a CPO or a physiotherapist, or in a disabled sports club or a rehabilitation center.

Running on a treadmill can be considered under human supervision only and never when the patient is alone.

A use that does not adhere to your supplier's recommendations can damage blade components (carrying heavy loads, jumping a high height for example).

Do not heat the blade with a hot air gun, do not machine the blade to reduce its section, do not sand the short blade too much when replacing the sole (risk of removing the upper carbon layer).

Do not cut or drill the blade.

Using temperature : - 10°C / + 40°C.

The presence of sand, particles or any foreign body inside the foot may alter its behaviour and damage it. After use in water or in a very dirty environment : Rinse the blade and the other parts thoroughly with clear water to eliminate particles (mud, sand, ...), then dry the different items.

Clean the blade with a slightly damp cloth or sponge, then dry the different items.

Do not forget to give to the patient the caring instructions sheet.

8- Recycling

This product includes items made in different materials : Elastomer, composite with epoxy resin, titanium, stainless steel. These parts should be recycled according to the laws in force.