

USER INSTRUCTIONS

**TALUPRO®**

ANKLE ORTHOSIS

FOR STABILISATION IN ONE PLANE, ADJUSTABLE THROUGH  
PRONATION STRAP



**albrecht**®  
FUNKTIONELLE REHABILITATION



## 1. Introduction

### 1.1. Foreword

Functional ankle U-braces have proved their worth in the rehabilitation of injuries and degenerative diseases of the ankle joint. The pronation strap releases the lateral ankle ligaments by lifting up the forefoot. All the materials used in the brace derive from the clinical environment. The entire product is PVC-free and free of plasticizers. It is nevertheless recommended that an absorbent sock be worn underneath the brace.

### 1.2. Customer information

For your own safety please read through these User Instructions carefully and accurately before using the brace. The instructions, notes and procedures must be read and understood thoroughly in order to benefit from the correct operation and use of the device. If anything in the User Instructions is not clear, or any instructions, operating procedures or safety information is not fully understandable, please contact the appropriate specialist retailer or albrecht GmbH directly, before you use the brace. This particularly applies to the safety instructions.

### 1.3. Mode of operation

The talupro® provides medial and lateral support to the ankle joint while allowing a great degree of flexion and extension. This allows for a normal motion sequence. The air chambers cushion the supports to prevent unpleasant pressure. Stronger padding at both ankles provides higher pressure at the bottom

third of the supporting area. The applied pressure decreases from the bottom towards the top, helping to reduce swelling more rapidly.

The pronation strap provides additional stability to the forefoot. The pronation strap can be removed. The pronation strap consists of different firm and semi-elastic materials. The inelastic materials have a supporting and fixating effect. The pronation strap is wrapped around the foot according to the principles of taping in order to counteract supination and talus prolapse/forward movement of the talus.

### 1.4. Application

The anatomically-shaped talupro® air chamber U-brace has been designed as an effective medical product for temporary human use in functional rehabilitation. In order to ensure an individual fit, the brace is available in two sizes for both the right and the left ankle.

### 1.5. Scope of delivery

The talupro® is supplied to you ready for use with the appropriate product labeling, in the ordered size together with user instructions and packed in a protective carton. The talupro® consists of a U-brace with air chambers, 2 hook and loop straps, a pronation strap and a heel strap. Please check the contents for completeness.

### 1.6. Declaration of conformity

The albrecht GmbH company as manufacturer with sole responsibility declares the conformity of the talupro® with European Council Directive 93/42/EEC for medical devices.

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### 1.7. Features

- Anatomically shaped shells
- Air chambers made out of skin-friendly polyurethane sheeting
- Air chambers' inner core made out of PU foam filling
- PVC-free and free of plasticizers
- Available in white and black
- Pronation strap is easily removable

### 1.8. Indications

The physician will decide on the type of treatment to apply based on his diagnosis. Generally the use of the talupro<sup>®</sup> is indicated:

In all indications requiring stabilisation of the ankle with limitation of Pro- and/or Subination such as:

- Postsurgical protection after ligament repair/reconstruction
- Conservative therapy of ankle joint distortions of all degrees of severity
- Functional therapy of ligament rupture
- Ligament injuries of the ankle joint
- Severe ankle joint distorsion with loosened joint
- Conservative or functional follow-up treatment of ankle joint fractures and ligament ruptures

For all other indications a physician must be consulted.

### 1.9. Contra indications

The brace is only intended for use in contact with intact skin.

### 1.10. Safety Instructions

The optimal effect of the brace is only achieved when used correctly.

- The brace must only be used in the intact, complete and mechanically undamaged condition and with complete and intact cushioning and walers. This must be verified by the user before each usage.
- Opening or removing one or more belts, as well as excessive loosening of the waler when using the brace leads to a reduction of the therapeutic effect of the brace and may lead to injury.
- The brace must not be worn over open wounds.
- The skin should be free of oils, grease, gels or other debris, to prevent reactions with the skin or the structure of the material.
- The orthosis should fit firmly but not too tight, so as not to restrict the blood circulation and adversely affect nerve and lymph vessels. Excessive compression is therefore to be avoided.
- Combination with other products is currently not provided for or is to be agreed with the manufacturer in writing.
- The brace is not intended for single use, but is intended for multiple use by a single person.
- The product as delivered is not sterile.

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- Contact your physician immediately in the event of an allergic reaction.
- Please note that cushioned sections can heat up under direct sunlight. Protect the orthosis from direct sunlight if necessary.
- Currently there is no test for flammability. Exercise caution when using the orthosis in the direct vicinity of open flames such as lighters and cigarettes.

### 1.11. Warranty

We assume the warranty for the brace for a period of 3 months. The brace is a medical rehabilitation device and must not be used for any purpose other than the intended, as described in the Instructions for Use. Changes to the brace or other applications require the written consent of the albrecht GmbH. If this is not obtained, the manufacturer may not honor the guarantee. If you are using single joints or other components, these should be used as intended. If changes or modifications (e.g. additional mounting holes) are made to the individual parts or components, the manufacturer's warranty no longer applies. The removal of or damage to the QM seal will also void the warranty.

### 1.12. Transfer of the brace

The brace is not intended for single use, but rather is intended for multiple use by a single person. We do not recommend transfer to other users. Should this be desired however, please ensure to pass on the care and cleaning instructions and have the brace checked by an authorized specialist dealer for safe and proper operation.

### 1.13. Disposal

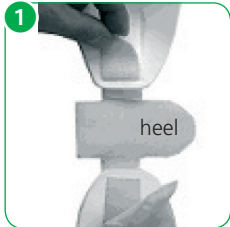
The talupro® contains reusable materials without any toxic or otherwise polluting agents or substances. Provided that it is not contaminated with infectious germs it can be disposed of by normal means. In order to be certain, please consult your orthopaedics store.

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### 2. Individual adjustments

To put on the talupro® please follow the 4 steps below. This will ensure the reliable effectiveness of the talupro®.

- ❶ Adjustment of the heel width: The lower ends of the air chamber can be lifted up to adjust the width and to fix it with the hook and loop strips. The heel strap should always be in the middle.
- ❷ Where required, remove the lower white hook and loop strap (\*see strap buckle) and suspend the grey pronation strap from the elongated hole in the outer plate (\*see strap buckle). Then wrap the upper hook and loop strap around the lower leg to fix the lateral plates.
- ❸ Orient the pronation strap towards your inner foot. Run the strap underneath the sole of your foot. towards the outer side. Then cross the pronation strap underneath its already attached end over the instep and back towards the inside of your foot. Pull the pronation strap back upwards tightly and wrap it all the way round the ankle.
- ❹ Tighten the strap and fix it with the hook and loop strap. Make sure that the lateral plates rest against the ankle without squeezing it and that the forefoot is slightly lifted by the pronation strap.



#### Strap buckle\*

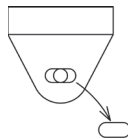
green to green - white to white

#### Note

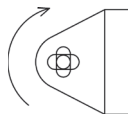
As a matter of principle we recommend the wearing of absorbent socks. This improves the climatic situation of the foot and prevents unnecessary sweating.

#### Attaching

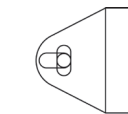
pull in



turn 90°

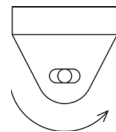


tighten

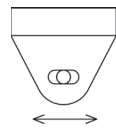


#### Removing

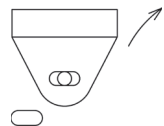
turn 90°



push sideways



pull out





Hand wash at 30°C



Do not bleach



Do not iron



Do not dry-clean



Do not tumble dry



### 3. Cleaning, maintenance and disinfection

The orthosis is designed to be maintenance-free. To ensure proper operation over the period of treatment the orthosis should be cleaned regularly (at least every 3 months) or as required, according to the following instructions.

#### 3.1. Care

- The product as delivered is not sterile and is not suitable for sterilization.
- Do not use harsh or abrasive cleaners.
- All fabrics can be washed by hand at 30 °C using water and a mild detergent and/or disinfectant.
- Not machine washable.
- The talupro® can be dried in the open air.
- In the case of more severe soiling, a replacement set of textile parts is available.
- Wipe down surfaces with a cloth soaked with disinfectant.
- Wet completely, and do not wipe off.
- Spray inaccessible surfaces.
- When spraying ensure complete wetting.
- A mild alcohol-based disinfectant is recommended.

Ask your physician or pharmacist when selecting a disinfectant, and follow the instructions given by the disinfectant manufacturer. The Robert Koch list of approved disinfectants can be found at <http://www.rki.de>.

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### 4. Technical data

Description	Material
air chamber calf	PU
heel strap	PA
hook and loop strap	PA
velours	PA
elastic material	28% viscose, 48% perlon, 24% elastodiene
care label	polyester satin
binding	83% viscose, 17% dorlastan



### 5. Choice of size

The talupro<sup>®</sup> is available in two sizes for both the right and the left ankle and in the colours black and white as shown in the table below. In addition, by virtue of the adjustment of the heel strap, it can be adapted to different foot widths and, if necessary be, to different degrees of swelling.



### 6. Size chart and article numbers

#### talupro<sup>®</sup> – white

Size	Body height	Art.-No.: left	Art.-No.: right
M	to 163 cm	610M-L	610M-R
L	from 163 cm	610L-L	610L-R

#### talupro<sup>®</sup> – black

M	to 163 cm	610MS-L	610MS-R
L	from 163 cm	610LS-L	610LS-R

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