



# Instructions For Use

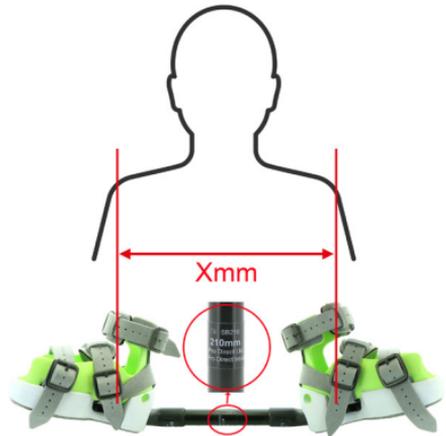
Dobbs™ ADM™ External Rotation Bars

## ① Intended Use / Contraindications

External Rotation Bar for prevention of Clubfoot relapse. Use only with ADM Ankle Foot Orthosis as directed by your clinician. Do not use on uncorrected or relapsed clubfeet. If in doubt consult your clinician.

## ② Bar Length

Sandals are usually set approximately shoulder width apart. The Labels on the bar equate to measured shoulder width (Xmm) ②. Use a Bar with a length close to the measured shoulder width (Xmm) ②. A bar configuration that is too short may be more difficult for the patient to tolerate and place more stress on the knees and hips. A bar that is too long will be less effective.



## ③ Select one Left and one Right Clip



70 deg left

OR

Fixed Clips

OR

Spring Assisted  
Articulating Clips



60 deg right

OR



60 deg left

OR



45 deg right

OR



45 deg left

OR



30 deg right

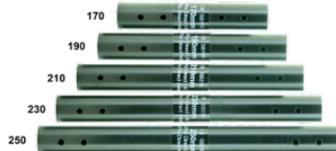
OR



30 deg left



0 deg right



Select one Right side and one Left side clip. Generally clip angles are selected as follows: 70 and 60 deg is for normal clubfoot. 45 deg is for complex foot where patient tolerance is a problem. 30 deg is for a non-clubfoot in unilateral cases and 0 deg is for specialist treatment protocols

## ④ Assemble Bar

1



2



3



4



Fit a clip to each end of the bar. Ensure both spring plungers "click" and protrude through the bar holes to make a secure fit.



## 5 Attach to ADM Ankle Foot Orthosis

After fitting ADM Ankle Foot Orthosis to patient attach assembled bar to the AFOs. Confirm feet are in a position of abduction and dorsiflexion.



## 6 Clip Removal



To remove a clip from a bar use the Clip Removal Tool. Position the Clip Removal Tool over the spring plungers and press down. The clip can now be twisted so the spring plungers are no longer engaged in the holes in the bar. The Clip Removal Tool can now be removed. Now pull the Clip from the bar.

## 7 Warnings and Precautions

Class 1 Medical Device. For corrected clubfoot only. For use as a night-time and sleep time device only. Do not permit patient to walk, run, jump or play when using the device. Use correct size and configuration as directed by your clinician. In case of patient intolerance or continued discomfort remove device and consult your clinician. Do not use if damaged. Device is not sterile and supplied for use by the original end user only. The device may be returned to C-Pro Direct for safe disposal or disposed / recycled as other household items. Store between 2 degree and 22 degree Centigrade. Keep out of direct sunlight, clean and dry.

[www.c-prodirect.com](http://www.c-prodirect.com)



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For explanation of ISO 15223-1 symbols go to [www.c-prodirect.com](http://www.c-prodirect.com)



C-Pro Direct Ireland Limited, 57 Amiens Street, Dublin 1, D01YY11



C-Pro Direct Ltd. 7a Enterprise Way, Edenbridge, Kent  
TN8 6HF. United Kingdom

