

ORDERING GUIDELINES

Impulse Foot

Ordering Example

IMPW-26LM-3H

Model: IMPW - Women's
 IMPM - Men's
 IMSW - Women's Symes System
 IMSM - Men's Symes System

Size of Foot: 22 to 27cm (Women's), 22 to 31cm (Men's)

Side of Foot: L = Left, R = Right

Color: B = Buff, M = Medium Brown, T = Tan

Toe Stiffness*: 1 = Very Low 5 = Very High
 2 = Low 6 = Heavy Duty 1
 3 = Regular 7 = Heavy Duty 2
 4 = High

Heel Height: L = Low 10mm (3/8")
 M = Medium 18mm (3/4") (Men's only)
 H = High 30mm (1-1/8") (Women's only)

Sample: **IMPW-26LM-3H**
 Women's Impulse Foot, 26cm, left, medium brown color, regular toe stiffness, high heel.

Toe Stiffness: 1	2	3	4	5	6*	7*	
Description:	Very Low Toe	Low Toe	Regular Toe	High Toe	Very High Toe	Heavy Duty Toe #1	Heavy Duty Toe #2
Adjusted Body Weight:	49 kg	50 to 68 kg	69 to 86 kg	87 to 104 kg	105 to 122 kg	123 to 140 kg	141 to 160 kg

*The Impulse Symes Foot is rated to 115 kg and is not available in Toe Stiffness 6 or 7.

Impulse Ankle

Adjusted Body Weight	Ankle Selection	Part No.
Aluminum Base		
Less than 68 kg	RED	IMPA-R
69 to 86 kg	BLUE	IMPA-B
87 to 104 kg	YELLOW	IMPA-Y
105 to 122 kg	GREEN	IMPA-G
Titanium Base		
123 to 140 kg	BLACK	IMPA-K
141 to 160 kg	WHITE	IMPA-W

Notes:

- The Impulse Ankle can be purchased separately to retrofit to other systems.
- "Adjusted Body Weight" is the amputee's body weight plus any loads carried normally or routinely by the amputee.
- For Level 4 amputees, the weight limit for the Impulse Foot and the Impulse Ankle is 135 kg.
 (Level 4: Has the ability or potential for prosthetic ambulation that exceeds basic ambulation skills, exhibiting high impact, stress, or energy levels. Typical of the prosthetic demands of the child, active adult, or athlete.)



OHIO WILLOW WOOD®
free the body...free the spirit®
 15441 Scioto Darby Road
 Mt. Sterling, OH 43143
 phone 740.869.3377 / 800.848.4930
 fax 740.869.4374 www.owwco.com



Ohio Willow Wood Company B.V.
 Keizersgracht 62/64
 1015 CS Amsterdam
 The Netherlands

provided by
 Ohio Willow Wood
 15441 Scioto Darby Road
 Mount Sterling, Ohio 43143 USA
 www.owwco.com

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FITTING AND ADJUSTING



These guidelines are for the Impulse® Foot and for the Impulse® Foot fitted with the Impulse® Ankle.

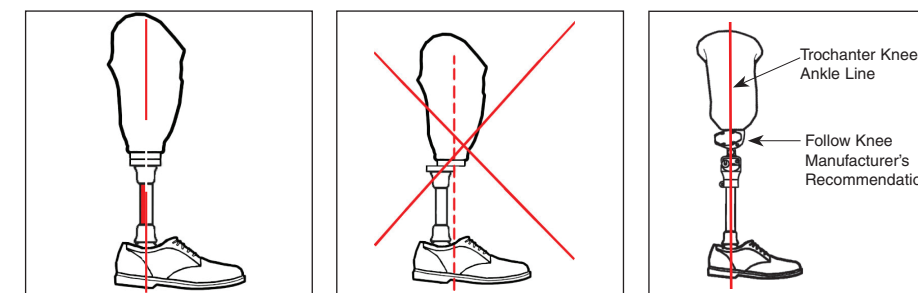
Useful Suggestion —

- Correct any socket comfort problems prior to fitting the foot and ankle.
- The amputee's shoes used at fitting should have fairly new soles to ensure correct alignment of the prosthesis.
- Plan to place adjustable temporary alignment devices that provide Medial/Lateral & Anterior/Posterior slide, rotation, and angular adjustment in the system. These devices should be removed during the transfer of the final settings.

Before Walking the Amputee

1

Anterior/Posterior Positioning

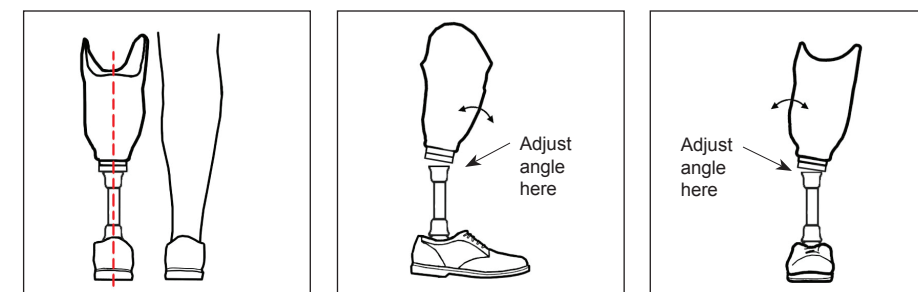


Center line of the socket should be just posterior to the center line of the pylon.

For above knee amputees

2

Lateral Positioning and Socket Angulation



Begin fitting with the center line of the foot and pylon passing through the center of the socket in the Medial/Lateral plane.

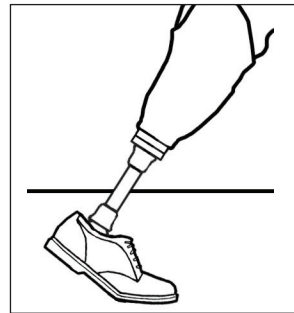
Make sure that the foot is flat on the floor when the amputee stands in a neutral position. Pylon should be perpendicular to the floor with the shoe on the prosthesis.

Walking the Amputee

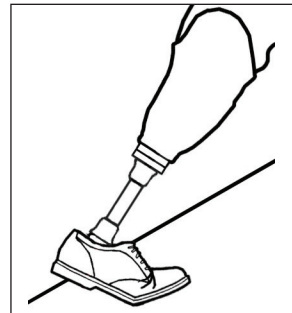
3

Familiarization Phase — 15 to 30 minutes

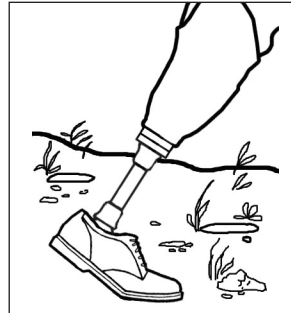
Depending on the type of foot worn prior to the Impulse Foot and Impulse Ankle, some amputees may initially experience forefoot resistance; however, **do not** reduce this forefoot resistance by changing the alignment until the amputee has gone through the following acclimation exercises:



Walk extensively on flat surface using all cadences that are normal for the patient.



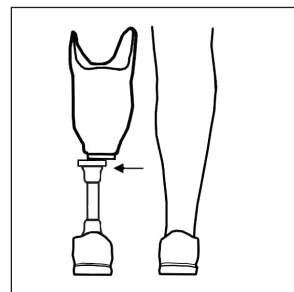
Up and down ramps adapted to the ability of the amputee until confident.



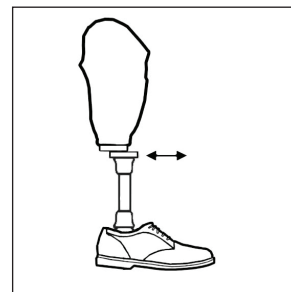
Uneven terrain adapted to the ability of the amputee until confident.

4

Dynamic Tuning



Adjust Medial/Lateral placement of the foot to allow for a balanced weight transfer during mid-stance phase of walking. Try to remove almost all of the lateral movement at the knee.



Adjust Anterior/Posterior placement to allow increased balance from the mid-stance phase through toe-off.

...But, retain a noticeable forefoot resistance. Do not eliminate all the perceived forefoot resistance by moving the Impulse™ Foot too far back.

Optimized Tuning

5

Stride Strengthening Process - 1 to 4 weeks

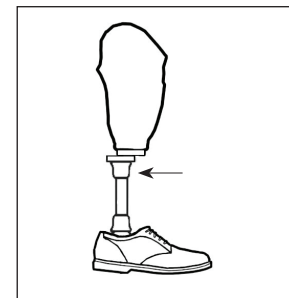
When wearing the Impulse Foot and Impulse Ankle, most amputees will improve their mobility and build up their muscle strength.

- We suggest that the amputee wear the prosthesis with the above settings locked in until an improved mobility level is reached (1 to 4 weeks). Using a clear diagnostic test socket during this trial period is not recommended.
- During this strengthening process, the amputee may experience soreness of the thigh muscles. Continued use of the prosthesis with this alignment will result in increased endurance.

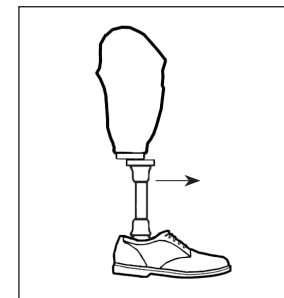
6

Permanent Settings

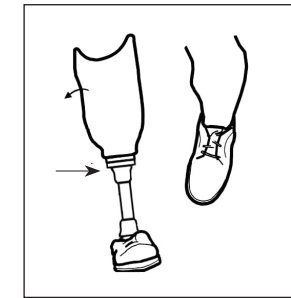
After the amputee has walked with the Impulse Foot for at least a week (several weeks for optimum settings), go through the following process to achieve the final alignments:



If amputee says that forefoot resistance hampers his stride, slide the Impulse Foot back until stride is smooth and comfortable.

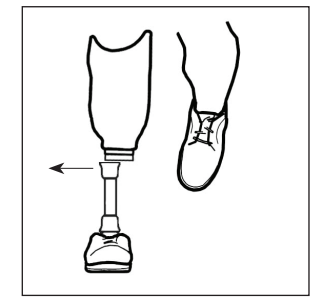


If amputee says that the Impulse Foot feels softer and desires more forefoot resistance, slide the Impulse Foot forward to provide more energy return.



If the amputee walks on the outside edge of the shoe, make angular changes as follows:

- If the pylon is at an angle with respect to the socket, make angular changes at the socket to straighten the pylon.
- If the pylon is straight with respect to the socket and the amputee still walks on the outside edge of the shoe, make the necessary angular changes at the ankle.



If lateral thrust of the knee occurs, move the Impulse Foot laterally to correct the situation.

Transfer all adjustments into the permanent prosthesis and remove all temporary adjustment devices.