

# THERAPEUTICS DISTRIBUTORS

## REBEL FOOT FLEX INSTRUCTION GUIDE

**Step 1:** Place the approximate center of Tension Strap into Sock [or Flex Slipper] Channel Guide.



**Step 2:** Press the Channel Guide Velcro closed on bottom of Sock [or Flex Slipper].



**Step 3:** Slip the Sock or Flex Slipper onto foot; Channel should be under ball of foot. *Note: Wear your own sock underneath for added comfort.*



**Step 4:** Center Knee hole on kneecap; wrap the Lower Adjustment Strap around front of leg; pull to tighten.



**Step 5:** Fasten Lower Adjustment Strap. Make the strap snug and firm; but keep comfortable and not overly tight.



**Step 6:** Wrap the Upper Adjustment Strap around the back of the leg to the front; pull to tighten snugly and firmly but comfortably, then fasten.



**Step 7:** Attach Tension Strap Buckle to Knee Assembly (receptor) Buckle on LEFT side.

*Note: If desired, also insert the optional 6" Stretch Band during this step to provide some "give" to the set tension.*



**Step 8:** On Right side, open the Cam Lock to slide the Buckle freely along the Tension Strap.



**Step 9:** Attach Tension Strap Buckle to Knee Assembly (receptor) Buckle on RIGHT side. Pull up on Tension Strap to desired tension.



**Step 10:** Close the Cam Lock to secure desired tension and foot dorsiflexion. Progress with tension as your condition improves and as comfort permits.



**Step 11:** The Foot Flex demonstrated when instructions are completed. *Tip: Use Tri-Glide on Left of Tension Strap to take up or give strap for your height.*

