

## Instruction manual

**VACOPED**

**VACO**achill

### Introduction

VACOPED is a revolutionary fracture management system for the treatment of injuries of the lower leg and foot. A self-adapting vacuum cushion (bean bag) provides for cast-like stabilization. The use of adapters allows for different settings of fixation or range-of-motion.

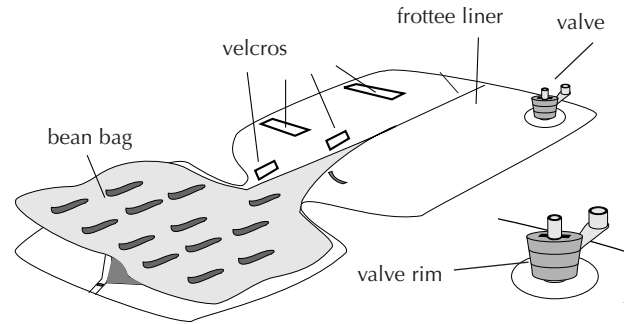
VACOPED can be used as a pre- or post-op splint, a cast replacement and a functional orthosis. Serial casting can be prevented, e.g. for the treatment of Achilles tendon ruptures.

### Product Characteristics

- For immobilisation with a stable foot position of 0°, 15° or 30° plantar reflex
- Use as an orthopaedic device with defined allowed mobility, extension flexion talocrural joint 10°-0°-10°; 0°-0°-30° or 15°-30°
- Pressure-free, quick and reversible individual adjustment due to vacuum cushion
- Permanent access to check wound possible
- All components reusable
- Very good X-ray properties
- Can be worn on the left or right, in 3 sizes

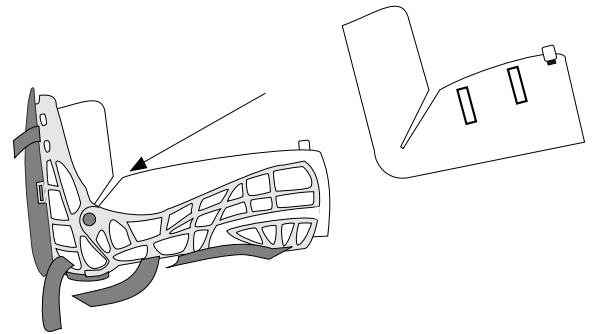
### Application

- Cover vacuum cushion



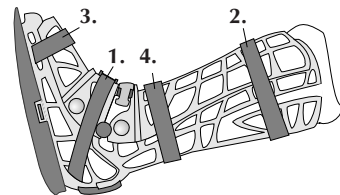
Insert the valve through the opening as shown in the drawing, then cover like a cushion and close the Velcro fastenings. Pull the valve ring up so that air can flow in and the cushion becomes soft (cf. valve functions). The cushion can now be filled evenly by hand.

### Application Procedure I



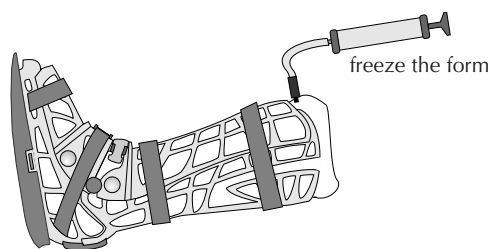
Insert the cushion in the rear case, then insert the leg and mould the cushion to the leg. Close Velcro fastening.

### Application Procedure II



Place on the front case and close the ties. The order as shown on the diagram is recommended. For an optimum fit the patient should walk for a few steps.

## Application Procedure III



Place the pump supports of the vacuum pump on the valve and fix the cushion shape with 6-8 pumping motions. Remove the pump and close the valve cap.

### Valve Functions

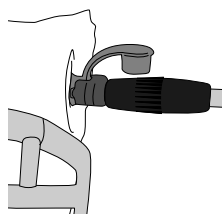
- **Vacuum cushion becomes soft:**

For quick aeration pull the valve ring up and move to the side



- **Vacuum cushion becomes hard:**

Push vacuum ring down and make a vacuum with the pump – fix shape

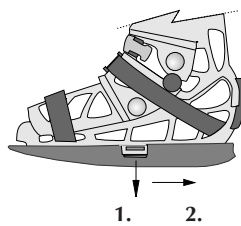
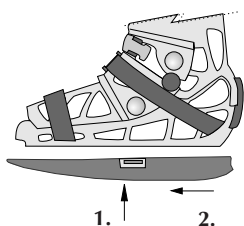


- **Closing valve cap**

Secure the vacuum state



### Mounting and changing sole



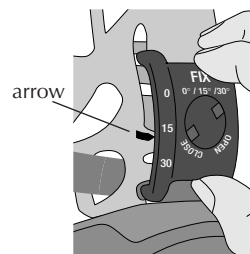
**Application:** Bring together the sole as shown on the diagram (1.), then push the sole forwards until it audibly engages (2.)

**Removal:** Pull both unlocking bars down at the same time (1.), then push the sole down and remove it

## Mounting the adapter

Inserting the rear (dorsal) adapter

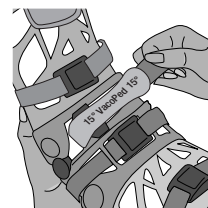
- Insert the desired adapter (FIX or ROM)



- Set arrow to the appropriate angle designation (for FIX adapter)
- Secure angle adapter with adapter screw

Inserting the front (ventral) adapter

- Insert adapter at one side (at the top and bottom at the same time) (cf. diagram)
- Pull rubber strip and insert it on the other side as well

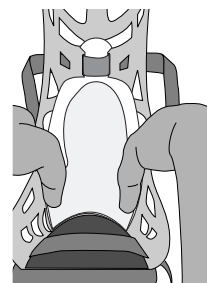


- When mobility has been approved for ROM 10°-0°-10°, remove adapter without replacing it.

### Inserting Achilles pad (only VACO®achill)

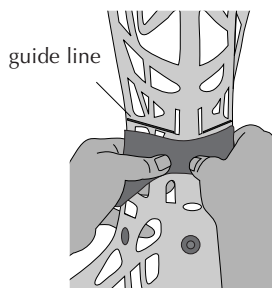
The Achilles pad is only needed with the VACOachill in the 30° pointed foot position.

- Firstly, press on the Achilles pad at the bottom with both thumbs
- Insert the top part of the Achilles pad behind the tie



## Inserting strut

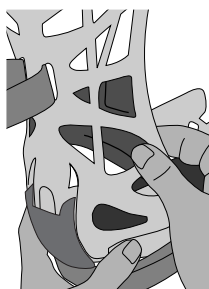
When the talocrural joint is very swollen, the strut makes more space in the rear (dorsal) case.



- Place the strut (as shown) on the guide line on the dorsal case
- Press the strut with both thumbs and balls of the hand backwards until it audibly engages on both sides

## Removing strut

- On one side press the locking spring inwards with the thumb, while holding against it with the index and middle finger on the outer edge of the strut
- The same procedure on the other side
- Removing strut



## Problem

Painful pressure points

## Solution

Check the correct seat of the cushion in the heel. Smooth out the cushion filling over the pressure point and apply it again. Only tighten the tie to a normal tightness.

Vacuum cushion is too hard

Pull the coloured valve ring forwards and move to and fro to the side.

The sole cannot be attached

Briefly bend the sole (carefully) so that the contact surface of the sole is slightly bent to the outside. Attach the sole again.

Joint should be released

First of all remove the rear tangle adapter and use the angle adapter 10°/0°/10°. Then remove the front adapter without replacing it.

## Cleaning and Care

Case and ties

Can be washed together with OP shoes or at 60° in a dishwasher (seal the cases with the ties in advance).

Towelling covers

These are made of cotton and can be machine washed (95°C). For reasons of hygiene, every patient is given two new towelling covers.

Vacuum cushion

Every patient is given a new vacuum cushion. The cushion can be washed with soapy water.

Checking for tears, cracks

Every time before the cushion is applied check for tears, cracks in the hard case. In the event of tears/cracks or excessive wear the hard case must be replaced.

Storage

Dry and dust-free at 5-25°C

# Postoperative Treatment

Week after operation	VACOPED VACO <sup>achill</sup> Angle adapter/joint						Permitted load				Recommended after care
	0°	15°	30°	10°/0°/10°	0°/15°/30°	0°/0°/30°	15Kg	30Kg	45Kg	full	
1											
2											
3											
4											
5											
6											
7											
8											

First treating doctor:

Hospital:

## Service Information

For more information go to our web site [www.oped.de](http://www.oped.de). There you can also see a live demonstration of the use of VACOPED. If you have any further questions or want to place an order, contact your dealer or OPED direct:

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