FlexSafe Ankle Recovery Orthosis

MD

INSTRUCTIONS FOR USE



DESCRIPTION OF SYMBOLS

MD Medical Device

INDICATIONS FOR USE

For non-surgical or postoperative support and immobilization of the injured foot and ankle. Provides a stable, protected environment for ankle sprains and strains and stable fractures of the foot and ankle without uprights on top of the surgical site.

PRODUCT DESCRIPTION

The FlexSafe Ankle Recovery Orthosis is a customizable walker boot for the foot and ankle. When properly applied, the ankle joint and foot are properly protected by the posterior and anterior shell. The pneumatic gauntlet system provides an intimate fit as well as reduces edema. The unique design of the soft shock absorption tread system and the unique PAFA Technology (protected ankle flex/assist) ensures comfort and a normal gait. The PAFA Technology allows protected dorsiflexion and assists with toe off.

GENERAL SAFETY INSTRUCTIONS / WARNINGS AND PRECAUTIONS

Read these instructions carefully before use. Keep them for future reference. Any serious incident in relation to the device must be reported to the manufacturer and relevant authorities. The FlexSafe Ankle Recovery Orthosis is supportive only and does not guarantee or intend to prevent injury. ManaMed accepts no responsibility for any injury which might occur while using ManaMed products. Activity modification and proper rehabilitation are an essential part of a safe treatment program. If any additional pain or other symptoms occur while using this device, discontinue use and seek medical attention. If you do not agree to the above conditions, contact your health care provider before using this product. The patient should stop using the device and contact a healthcare professional if:

- There is a change or loss in device functionality, or if the device shows signs of damage or wear hindering its normal functions.
- Any pain, skin irritation, or unusual reaction occurs with the use of device.

The device is for single patient, multiple use.

WARNING: Skin irritation may occur while using this device. If you experience an unusual skin reaction while using this product, consult with your healthcare provider immediately.

APPLICATION OF THE FlexSafe Ankle Recovery Orthosis (ARO)

STEP 1: Loosen the straps and remove the exterior shell and open the soft gauntlet.
STEP 2: Place the foot in the gauntlet with the heel against the back of the gauntlet. The gauntlet should be pressed against the posterior shell. Pull the anterior closure of the gauntlet to a snug fit and secure the closure.
STEP 3: Place the anterior shell on top of the foot.
STEP 4: Fasten straps 1-2-3-4. Strap 1 is on top of the foot. Insert the strap through the D-rings and tighten to desired support and secure hook and loop tab. Adjust as need for comfort.
STEP 5: After securing the straps, inflate the liner by pressing and releasing the pump until the liner provides comfortable support. Do not overfill. To deflate or adjust the pressure, press the smaller circular pressure release button.
STEP 6: To remove the boot, press the pressure release button until the air bladder is deflated, then loosen the straps. Remove the anterior shell and open the gauntlet cuff. Pull the heel and ankle forward to exit the boot. To reapply the boot, follow Steps 1-5.

CLEANING AND CARE

The FlexSafe Ankle Recovery Orthosis may be cleaned by hand using a mild soap and warm water. Hang to dry.
Do not place in washing machine or dryer.

SYMBOL GLOSSARY

For an explanation of symbols, please refer to www.manamed.com/glossary/symbol-glossary.pdf

Product Name	Men's Shoe Size	Women's Shoe Size	Part Number
FlexSafe ARO Extra Small Boot	Up to 5	Up to 6	EZARO-01XS
FlexSafe ARO Small Boot	5 - 7.5	6 - 9	EZARO-01S
FlexSafe ARO Medium Boot	7.5 - 10.5	9 - 12	EZARO-01M
FlexSafe ARO Large Boot	10.5 - 13	12 - 14	EZARO-01L
FlexSafe ARO Extra Large Boot	13 - 16	14 - 17	EZARO-01XL

MANAMED
ManaMed, LLC
2612 Sirius Dr.
Denton, TX 76208
Ph: 888-508-0712
www.ManaMed.com

©2025 ManaMed LLC. All rights reserved.
ManaMed, the ManaMed logo,
are trademarks of ManaMed LLC
Registered in the U.S.