INSTRUCTIONS FOR USE

- Sit in a stable position.
- Untie shoe and loosen all laces.
- Remove insole from shoe.
- Place insole over AFO footplate and trace the outline onto the toe portion of the footplate
- Use scissors to trim AFO Toe padding to proper length
- Loosen ankle strap.
- Place AFO in shoe, insert the toe of the AFO first, and push the heel down and back.
- Unstrap both straps and recline the AFO cuff.
- Slide foot into AFO (make sure the ankle strap is above the foot).
- Tighten ankle strap.
- Tighten shoelaces and tie shoes.
- Tighten and velcro top strap first and then bottom strap.
- Turn the tensioning dial clockwise to increase support.
- To release support, press the button in the center of the tensioning dial and bend your ankle.
- Stand and walk normally. Adjust the dial during various activities to provide the desired support.

HERMES™

DYNAMIC DORSI-ASSIST AFO



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ICARUS®

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At Icarus, we're thrilled to be a part of your journey back to doing what you love. We've seen firsthand the remarkable impact of the Hermes in assisting individuals in returning to an active lifestyle.

The **Hermes AFO** represents the culmination of three years of meticulous design and rigorous testing, integrating advanced technologies to redefine the user experience. Notably, its exceptional adjustability allows users to tailor support levels as needed throughout the day. This adaptability, rooted in our commitment to a data-driven approach, ensures enhanced mobility, stability, and range of motion. Get back to an active lifestyle with confidence, supported by a brace that combines comfort and ease in every movement.

Scan the QR code for a video tutorial

HERMES™

YOUR BRACE

We take great care to ensure that your brace provides the perfect fit and level of comfort to improve your lifestyle. It was designed by one of our engineers and custom manufactured through our rapid scan-to-3D print manufacturing process.

We hope that your **Hermes AFO** will become a seamless part of your daily life.

TIPS FOR USE

- Don't over-tighten the brace tension.
- Always release tension when you take the brace off.
- Ease back into movements so not to over exert yourself.
- Don't forget to release the tension occasionally. If you don't know how much tension is in the brace, release the tension and increase it again to the desired level.

CLEANING INSTRUCTIONS

Maintain your **Hermes AFO** to preserve the frame condition and maximize performance.

- Pads and straps can be hand or machine washed on delicate with cold water. Air dry only.
- Brace frames can be washed by hand with non-detergent soap.
- Sand, salt water, and dirt can damage your product. If exposed, rinse thoroughly with cold water.

WARNING

- If you feel major discomfort, abnormal pain, change in sensations, or experience reactions while wearing the **Hermes**, contact your professional orthotist or doctor.
- Product is intended for single patient use only.
- Extreme heat or cold may affect product performance.
- Always release the tension before operating a vehicle.

WARRANTY	CUSTOM	OTS
Tensioning System	2 Years	1 Year
Frame and Hinge	2 Years	1 Year
Straps and Pads	90 Days	90 Days

Icarus guarantees its products against any manufacturing and material defects from the date of purchase. Normal wear and tear during use is not considered a defect. If the **Hermes** is modified by anyone other than your doctor or orthotist, the warranty will no longer apply.

For questions or concerns regarding your brace, call 888-492-1101