

## Multi-Positional Footplates

### FITTING and AFTERCARE GUIDELINES

- RMS Multi-Positional Footrest kits are intended for use as a direct replacement on wheelchairs having original equipment footrest hangers with an internal diameter of 16mm.
- Alternatively the Multi-Positional Footrest may also be attached to the outside of the O/E footrest hangers, by use of the appropriate size RMS double clamps \*, thus making them suitable for use on a much wider range of wheelchairs.

This method is also suitable for use in cases where there is a requirement to fit the footrest higher than the O/E hanger will normally allow.



**NOTE:** It is recommended that these devices be installed and finally adjusted by a suitably qualified person.

\* Please ensure you have the correct size double clamps to suit the application, prior to commencing installation.



#### Parts Included in this Kit:-

- |     |   |
|-----|---|
| [ ] | <b>MPF001/ SMALL</b> - Footrest c/w mounting plate and clamp.       |
| [ ] | <b>MPF001/ LARGE</b> - Footrest c/w mounting plate and clamp.       |
| [ ] | <b>MPF002/16</b> - Pair Fixed Angle Footrest Stems (16mm dia.)      |
| [ ] | <b>MPF003/16</b> - Pair Angle Adjustable Footrest Stems (16mm dia.) |
| [ ] | <b>MPF 004</b> - Pair Heel loops c/w fixings.                       |
| [ ] | <b>L6-P02-F4A</b> - Pair 16-19mm Double Mounting Clamp. *           |
| [ ] | <b>L6-P02-F4B</b> - Pair 16-22mm Double Mounting Clamp. *           |
| [ ] | <b>L6-P02-F4C</b> - Pair 16-25mm Double Mounting Clamp. *           |

#### TOOLS REQUIRED:

Spanners: 6 & 10mm.

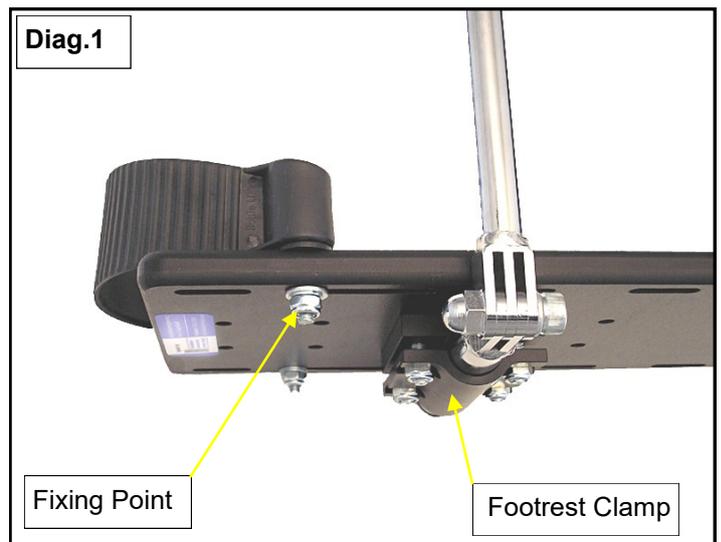
Hexagon Keys: 4, 5 & 6mm.

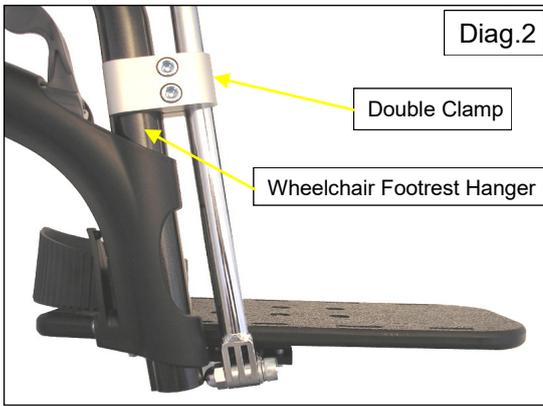
Plus:- Any tools necessary to remove the existing footrests and stems.

#### FITTING:

- For ease of installation, it is recommended that the existing footrest hangers, complete with footrests, are removed from the Wheelchair.
- Where Heel-Loops are to be used, assemble the two fixing points onto each footrest (see Diag.1) using the appropriate slots along each side of the footrest. Face the corrugated area of the Heel-Loop to the rear.
- Assemble each footrest onto the shorter stem tube by loosening the clamp, using a 4mm Hexagon Key. Re-tighten the clamp sufficiently for the footrest to maintain its position. Do not tighten fully at this stage.
- Where the Multi-Positional Footrest Stems are to be fitted inside hangers with an internal diameter of 16mm, insert the new stems complete with footrests into the hanger and set to the approximate height but do not fully tighten any clamps or securing bolts at this stage.
- Refit hangers to the wheelchair.

Diag.1





- Where the Multi-Positional Footrests are to be attached to the outside of the wheelchair footrest hanger with double clamps, (see Diag.2) for ease of assembly refit the hangers only, before commencing this operation.
- Separate the two halves of each double clamp by fully unscrewing the hexagon headed screws, place each half of the clamp around the hanger (the larger side to the hanger) in the most suitable position and reinsert screws but do not tighten at this stage.
- Insert the appropriate side Multi-Positional Footrest Stem into the vacant side of each double clamp but do not fully tighten clamp at this stage.
- Set each Multi-Positional Footplate and Stem to an approximate position and secure sufficient to prevent any movement.

**NOTE: Carry out all final positioning adjustments with the user seated in the wheelchair.**

### ADJUSTMENTS:

- The RMS Multi-Positional Footrest height is set by the amount each footrest stem is inserted into the hanger or double clamp. Where double clamps are used, their clamping position on the hanger will vary according to the wheelchair application. It is recommended however, that the footrest stem is clamped approximately midway up the stem. With the correct height achieved, secure in place by using the original equipment clamping method on the footrest hanger or, by tightening the double clamps around the hangers sufficient to prevent movement.
- Where angle adjustable footrest stems are being used, adjustment can be made by slackening the hexagon headed screw on the finger joint, located where the footrest vertical stem meets the horizontal stem. Set the footrest at the required angle and retighten the screw sufficient to prevent movement.
- Plantar flexion and Dorsiflexion adjustments can be made by revolving the footrest around the horizontal stem. Set the footrest to the required plane and fully tighten all four screws, using a 4mm hexagonal key, sufficient to prevent any clamp movement.
- Additional positions are available on the footrests to allow them to be mounted further forward or rearward on their mounting clamp. To move the footrest, loosen and remove the four retaining screws, select the alternative position required, refit all four retaining screws through the footrest and mounting clamp, securing them with the Nylock nuts.
- Finally re-check and secure all fixtures and fittings.

### PRODUCT MAINTENANCE

**To ensure this device remains safe, serviceable and reliable throughout its period of use, RMS recommends it be inspected for wear, damage and security of components at 6 monthly intervals. (For very heavy users the period between inspections should be reduced accordingly). Any worn or damaged components should be replaced as soon as possible with original equipment parts which are available from RMS Ltd. Keep away from naked flames and sources of excessive heat.**

**NOTE:** To assist users requiring additional control of involuntary leg or foot movements the slots along both sides of each footrest will allow attachment of RMS 'Anklesures', 'Footstraps' or the RMS range of 'Footsure' profiled footplates. These devices should be installed as per the fitting instructions supplied with the product.



Anklesures



Foot Straps



Footsures

Should you require further information on this or any other product in the RMS range, please contact our Technical Help-line on 01795 477280