

Twister Strap Donning

Here's how to attach and wrap the twister straps to help influence internal/external rotation.

For more information or questions, ask Customer Support: **800.848.7332** | customersupport@dafo.com

1



Twister straps originate in the center of lower back



Trim excess with scissors

Don the waist belt

Locate the product's waist belt.

Orient the waist belt's lining towards the patient.

The twister straps will originate in the center of the patient's **lower back**.

Wrap the waist belt around the patient's waist, just above the hips.

Cinch the waist belt snug.

Apply Velcro closure. Trim any excessive Velcro hook with scissors.

2



For external rotation: attach on the lateral side



For internal rotation: attach on the medial side

Attach the anchor rings to patient's footwear

To externally rotate the feet:

Attach the anchor rings on the **LATERAL** (outside) sides of the footwear as distal as possible.

To internally rotate the feet:

Attach the anchor rings on the **MEDIAL** (inside) sides of the footwear as distal as possible.

For traditionally laced footwear, lace the anchor rings in the most distal lace past the eyelet.

For Velcro closure footwear, thread anchor rings through the most distal strap.

Laundering the twister straps

Spot clean heavily soiled area.

Apply spray-on stain remover to surface.

Place all components into mesh bag for laundering delicates.

Gentle wash in warm water (104°F/40°C).

Tumble dry on low.

3



Spiral straps outward and around the thighs



Crossing the knee under patella

Wrap the twister straps

Originating from the center of the patient's lower back, spiral out to the lateral sides of their thighs.

Spiral the straps around the patient's thighs at least one time.

When crossing the knee, wrap under the patella (knee cap).

Wrap at least one time around the shin.

4



Shown with clasp and twister strap on the lateral side



Remove slack and double lock to maintain position

Attach the twister straps to footwear and make final adjustments

To externally rotate the feet:

Exit on the **LATERAL** side of feet and attach clasps to the anchor rings.

To internally rotate the feet:

Exit on the **MEDIAL** side of the feet and attach clasps to the anchor rings.

Position feet as desired.

Remove the slack from twister strap by pulling it tight, starting at the waist belt and spiraling your way down to the double lock.

Once feet are in the desired position and the slack is removed, pull on the Velcro end of the twister strap through the double lock to maintain position.

Apply Velcro closure to remaining length.