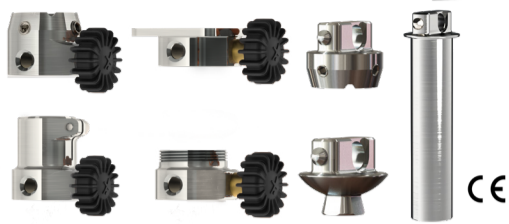


# User Guide Patients

## Xtend® Connect A100



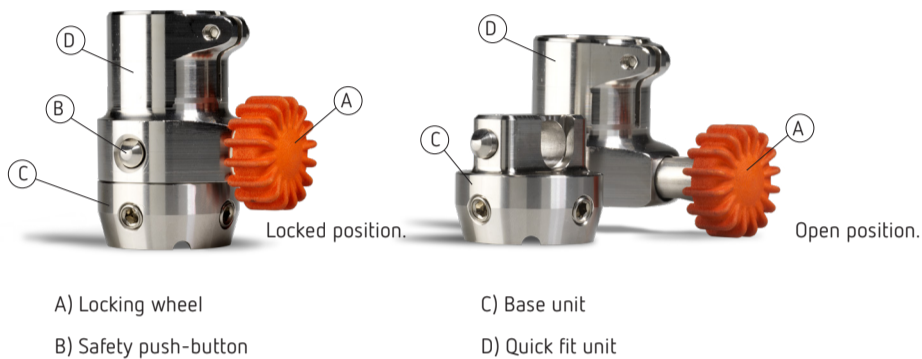
**Lindhe Xtend AB**  
Olofsdalsvägen 40 A, 302 41 Halmstad, Sweden  
info@lindhe.se  
Phone: +46 (0)35 262 92 00  
www.lindhextend.com

### SIZE AND WEIGHT GUIDE

The maximum weight for Xtend Connect is 150 kg. The maximum weight may never be exceeded. In case components with different weight limits are used in the prosthetic leg, it is the component with the lowest weight limit that never shall be exceeded. The max weight is limited to 100 kg for patients who do high-intensive sports activities.

### XTEND® CONNECT AND ITS DIFFERENT COMPONENTS

Xtend Connect consists of two components:  
Quick fit unit – can be opened and closed with the aid of a locking wheel and a safety push-button  
Base unit – fits into the quick fit unit.



The Xtend Connect exists in different variants to fit different prosthesis.



### CONNECTING AND REMOVING XTEND® CONNECT UNIT TO CHANGE TO ANOTHER PROSTHETIC COMPONENT, E.G ANOTHER FOOT

It is important that you follow these steps when connecting and removing Xtend Connect.

1. Make sure that all components are within reach prior to connecting, disconnecting or changing prosthetic components. **THIS IS VERY IMPORTANT** ⚠
2. Sit down on a stable chair, stool or bench prior to connecting, disconnecting or changing prosthetic components.
3. Double-check that you have all components within reach, including the prosthetic part you want to switch to.
4. Open the locking wheel fully by turning it anticlockwise. Continue to turn until the wheel slides out into its outer position. You can check that the wheel is in its outermost position by lightly pressing the outside of the wheel. If the wheel is springy and pops straight back, it is in its outer position.
5. Press the safety push-button and release the base unit from the quick fit unit (Fig. 1). It is useful to have a soft mat underneath or take hold of the prosthetic unit with your free hand.
6. Take the other prosthetic component and push the base unit's male component into the quick fit unit's female component. Listen carefully for the snap sound from the safety push-button. Be careful not to get your fingers caught when fitting the parts. Avoid holding Xtend Connect when snapping the parts together. Otherwise there is a risk of getting your fingers caught (Fig. 2).
7. Once the parts have clicked together, press the wheel and turn it clockwise to lock it (Fig. 3). Continue screwing clockwise until the wheel has turned as far as possible and it stops (Fig. 4).



Fig. 1

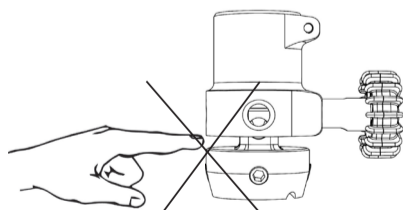


Fig. 2

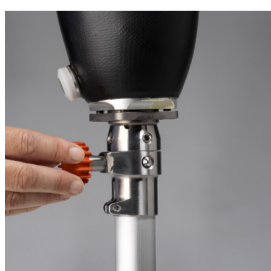


Fig. 3



Fig. 4

8. Check that the new prosthetic part is stable by waggling it slightly. It must be fixed in place and the parts should not rotate or make any noise. If it makes a noise, tighten the locking wheel to the fully locked position.
9. You can then get up and continue using your prosthetic leg as usual.

### CLEANING INSTRUCTIONS

You should clean all Xtend Connect's parts at least once a week and after use in salt water or sand. We recommend using warm water and a gentle cleaning agent. Do as follows:

1. Remove your prosthetic leg. *Tip: Sit on a chair to clean it.*
2. Separate the Xtend Connect parts.
3. Clean all Xtend Connect parts. They should remain attached to their respective prosthetic leg parts. You can either lower them into a warm bath or hold them under warm running water. Scrub slightly with a mild cleaning agent. *Tip: It may be helpful to use cotton buds*
4. Open and close the locking wheel a couple of times until the wedge runs smoothly and the locking wheel can be turned easily.
5. Rinse carefully.
6. Wipe with a lint-free dry cloth or paper so that the surfaces are clean and dry.

### SAFETY INSTRUCTIONS

- If the device emits any noises or if it is difficult to take apart or fit together, separate the parts and clean the quick fit connector. See instructions. If this does not solve the problem, consult your prosthetist.
- Xtend Connect is water-resistant. If it is submerged in water, especially salt or swimming pool water, rinse the component to avoid salt or chlorine deposits building up, as this may interfere with smooth and easy fitting.
- If the component has been exposed to sand or dirt, take the two parts apart and clean according to the cleaning instructions.
- The component is designed for use in temperatures ranging from -20°C to +80°C.
- ⚠ If your weight increases to over 150 kg, contact your prosthetist straight away. The max. weight for the component is 150 kg and may not be exceeded.
- If you often lift heavy loads and, combined with your weight, they exceed 150 kg, you should not use Xtend Connect. The max. weight is 150 kg and may not be exceeded.
- Note any change in or loss of function. This includes a looser fit, stiffness after replacement or lateral rotation. Contact your prosthetist if this occurs and do not use the product until its function has been examined.
- We recommend having Xtend Connect inspected by an prosthetist every six months. With very active use, shorter inspection intervals may be necessary.
- ⚠ The product is not suitable for patients who do extreme sports.

### CONNECTING AND REMOVING XTEND® CONNECT E.G. IN ORDER TO PUT ON TIGHT TROUSERS

It is important that you follow these steps when connecting and removing Xtend Connect. When you need to put on a pair of tight trousers, remember the following:

Once you have removed your prosthetic parts using Xtend Connect, put on your tight trousers over the upper part of the prosthesis and pull up your trouser leg as far as your socket allows (Fig. 5). You can then reconnect Xtend Connect and pull down your trousers over the lower part of the prosthetic leg and continue to get dressed (Fig. 6). Always remember to sit down when removing/connecting Xtend Connect.



Fig. 5



Fig. 6

### ⚠ WARNINGS TO THE PATIENT

- Xtend Connect must not be removed while you are standing. This can cause you to fall.
- Be careful not to get your fingers caught when fitting Xtend Connect (Fig. 2).
- Do not walk on Xtend Connect if the parts are not correctly fitted and correctly locked. This can cause you to fall and injure yourself.
- If you are in a warm environment, watch out for warm parts in Xtend Connect.
- The product is not suitable for high-intensity running.
- Remember that sand and dirt can make it difficult to fit and remove Xtend Connect, e.g. for use at the beach.
- This product must only be installed on a prosthesis by a qualified prosthetist.

## FREQUENTLY ASKED QUESTIONS

### What is the maximum weight for Xtend Connect?

The maximum weight for Xtend Connect is 150 kg.  
The max weight is limited to 100 kg for patients who do high-intensive sports activities.

### Which other components, e.g. knee joints, fit Xtend Connect?

Xtend Connect fits most systems with female or male pyramids, a 30 mm tube solution or a four-hole solution.

### Xtend Connect is making a noise. How can I correct it?

The cause of the noise has to be analysed. First start by cleaning Xtend Connect and test it again afterwards. If this does not help, contact your prosthetist as soon as possible and do not use Xtend Connect in the meanwhile.

### Can I run with Xtend Connect?

The max weight is limited to 100 kg for patients who do high-intensive sports activities. Talk to your prosthetist.

### Can I swim with Xtend Connect?

Yes, Xtend Connect is resistant to salt and swimming pool water. But it is important that your connecting components are also designed for this. Talk to your prosthetist.

### My prosthesis is dirty. How do I clean it?

Xtend Connect can be separated into two parts, just like with normal use. Follow the cleaning instructions in the user manual.

### Xtend Connect seizes when I try to put it together. What should I do?

Xtend Connect should be easy to fit. First make sure you have not got any dirt or sand on the connecting surfaces or that any stones have got into the connection. Follow the cleaning instructions in the user manual. If the problem remains, consult your prosthetist.

### The locking wheel seizes despite cleaning according to instructions. What should I do?

Add one drop of lubrication inside the groove of Locking wheel. We recommend that you use silicon lubrication that not attract dirt or dust. If the problem remains, talk to your prosthetist.

### The locking wheel for locking Xtend Connect unlocks too easily.

The locking wheel must be quite stiff to ensure safe locking. If it is too loose, contact your prosthetist to analyse the reason. Avoid using the product until you have consulted your prosthetist.

### XTEND CONNECT is loose. What should I do?

Make sure the locking wheel is correctly screwed in. Press it in at the same time as turning it and screw it in as far as possible until the wheel has turned.

If this does not work, take Xtend Connect apart and clean it according to the cleaning instructions. Fit it again. If this does not work, contact your prosthetist.

### How hard should I tighten the locking wheel?

You should tighten it until it stops. If Xtend Connect is loose or makes a noise, it is likely that you have not tightened it properly. Tighten it a bit more.

