

FREQUENTLY ASKED QUESTIONS

Q: Do I have to remove my shoes to adjust the Accent foot?

If your footwear covers the ankle, blocking access to the heel height adjustment button, you will need to remove your shoes to adjust the Accent foot. For boots and other footwear that cover the ankle, adjust the Accent foot before inserting it into the footwear.

Q: Should I use a cosmetic cover?

This is a matter of choice. College Park recommends the use of a cosmetic cover in order to protect the Accent foot from foreign substances that can impact the function and cause premature wear. If you choose to not use a cosmetic cover, additional care is required to prevent abrasives and liquids from becoming trapped inside the foot shell. Discuss with your Prosthetist to decide what is best for you and your lifestyle, however the ankle fairing is required for protection from dirt and debris.

Q: May I shower, swim or wade with my Accent foot?

The Accent foot is not designed to be a shower, swimming or wading foot. Do not submerge your prosthesis in water, especially salt water. Water resistant covers can leak, and then prevent the prosthesis from drying out causing the foot components to corrode. A corroded foot can fail to change and/or maintain ankle position. Very wet environments should also be avoided.

Q: Is there anything I need to avoid with my Accent foot?

Avoid sand, dirt, and corrosives, like salt water or household chemicals, which will damage the Accent foot. If your Accent foot is exposed to abrasive or corrosive materials and you cannot get to your Prosthetist right away for cleaning and inspection, flush out the foot with warm, soapy water, then rinse with warm water. Let the foot stand overnight, upside down, to dry out. See your Prosthetist as soon as possible for foot inspection.

Q: May I walk barefoot?

Walking barefoot will lead to additional wear and staining of the foot shell or skin. Wearing a sock helps protect the foot, but can be a slip hazard. Walking barefoot outdoors will cause abrasive wear, staining, and other damage and is not recommended.

Q: What if I feel like I am leaning forward or backward?

If you feel you are leaning forward, depress the heel height adjustment button and lower the toe of the Accent foot slightly. If you feel you are leaning backward, depress the heel height adjustment button and raise the toe of the Accent foot slightly.

Q: When I adjust to the maximum or minimum heel height, what if it feels like the Accent foot doesn't want to stay at that height?

It is possible to move the ankle position slightly beyond the normal adjustment range with the heel height adjustment button depressed. The ankle will not lock into position if the angle exceeds the normal 2 inch (51 mm) adjustment range. Make sure the ankle is firmly locked in position prior to use.

Q: Who should I contact if I have more questions?

Please contact your Prosthetist if you have any questions or concerns about your Accent foot or prosthesis.



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USER GUIDE





Congratulations on your College Park Accent foot!

With just a press of the heel height adjustment button, you can quickly and easily adjust the foot to accommodate a wide variety of footwear. The following guide will help you understand and adjust to your new Accent foot.

ANATOMY OF A COLLEGE PARK ACCENT FOOT



FOOTWEAR OPTIONS

The Accent foot is designed to accommodate many types of footwear; from flat sandals to work boots to heels.



ADJUSTING YOUR ACCENT FOOT

You can adjust your Accent foot within a 2 inch (51 mm) range. When adjusting the heel height of the Accent foot, it is extremely important you are stable. For this reason, adjustments should be made while seated or with your prosthesis removed.

WARNING: Adjusting the foot while standing will cause a rapid change of foot support and may cause you to fall and injure yourself.

The heel height adjustment button default location is on the inside of the ankle. (It is possible to have the button located on the outside of the ankle, but must be requested by your Prosthetist at time of order.)



1. While seated or with your prosthesis removed, depress and hold down the heel height adjustment button, then push up or down on the toes of the Accent foot to adjust the angle.
2. After achieving the heel height you desire, release the button to engage the lock.
3. Make sure the ankle is firmly locked in position prior to use by pulling the toes up and down with your hand. **CAUTION:** The ankle will not lock if the angle is moved beyond the 2 inch (51mm) range.
4. Listen carefully to your Prosthetist's instructions for use and care. Contact your Prosthetist if you notice a change in the performance of the prosthesis, have problems with the ankle locking mechanism, your activity level changes, or your weight changes by 10 lbs (4.5 kg) or more.

WHAT TO EXPECT

Be patient and allow yourself time to acclimate to your new prosthesis – it could take several hours or several days. During this period, your Prosthetist may make further adjustments to your prosthesis to better suit you. Changing the heel height on a prosthesis will have an impact on the heel and toe response. Every time you change heel height, take care when adapting to the new angle and the impact it can have on your stability and gait. Practice walking in a safe and stable environment.

Depending on the type of cosmetic covering on your leg, the button might be difficult to depress as first. Don't be afraid to press firmly and play with different heights to learn the mechanism. Soon, adjusting the heel height will feel like second nature!

TIP: No matter the style, buying shoes that are well made, durable and securely enclose your foot will help with stability and confidence.

