

# RMS Padded Foot Straps

## FITTING GUIDELINES

(Covering Part Numbers --- FS 004S and FS004L)  
(Pack comprises of 2x Padded Footstraps and Fitting Kit)

### **NOTES:**


- FS 004S and FS004L Foot Straps may be used as either Ankle or Toe Straps and may be integrated with each other i.e. using FS004S for Toe Straps and FS004L as Ankle Straps, dependant on their positioning.
- They may also be used, in conjunction with, other foot control devices such as Footboards or Foot Boxes.
- Where Footplates or Footboards are being used without heel loops, we would recommend their installation at this time for use with these straps.
- Due to the number of variations in user requirements and types of Footplates currently being used on wheelchairs, these guidelines are offered in general terms. The experienced installer may therefore need to “customise” the straps or fitting procedures to suit individual users. It is recommended that these straps are only fitted and adjusted by a suitably qualified person.



### **Possible Tools Required: (Dependant on method of installation)**

Power drill with 5.5mm drill bit, 6.25mm drill bit, 8mm spanner. 4mm Hex.key.  
Small hammer, 5mm hole punch and Pozi-drive screwdriver. Junior Hacksaw

### **FITTING:** (Three methods)

-  With the user seated in the wheelchair and feet positioned on the Footplates/Footboards, lay the Footstraps over each foot in the required position and mark Footplates/Footboards for drilling the strap mounting bridges.
  - **Method (a)** Where aluminium or Polyprop Footplates are being used, it is recommended that the method of Footstrap attachment is as shown in the picture above, where strap mounting bridges are being used. After locating suitable bridge mounting positions on the Footplates, it will be necessary to drill 2 x 5.5mm holes on each side of both Footplates with hole centres 45mm apart as shown above. Mount the bridges onto the Footplates using the M5 x 25mm screws supplied with plain washers and Nyloc Nuts on the underside. Tighten just sufficient to prevent any movement.
  - Thread the Footstraps through the bridges then up and over the user's foot, finally connecting and adjusting and securing via the Cam Buckle.
  - **Method (b)** Where either “individual” or “one-piece” Polyprop Footboards or Footbox are being used, locate and mark suitable positions for strap mounting bridges. Remove Footboard/s from the Footplates before drilling from the upper surface 2 x 5.5mm holes through on each side of the normal feet positions. On the underside, counter bore each hole in the Footboard/s to a depth of 5-6mm. This will allow for the fitment of the M5 “T” type Nutserts supplied. Attach the strap mounting bridges to the Footboard/s using the M5 screws supplied into the Nutserts and tighten sufficient to prevent any movement.  
**NOTE:** Dependant on the thickness of the Footboard/s, it may be necessary to cut off any protruding screw threads before refitting the Footboard/s onto the Footplates.
  - **Method (c)** Where Plywood Footboards are being used, the Footstraps may be attached using the self tapping screws supplied. It is recommended that the Footstraps be positioned over the users feet to assess the most suitable positions and the Footboards marked accordingly. Remove the Footboard/s from the Footplates before attaching the Footstraps. Using the 5mm hole punch, make holes in the webbing to enable the self tapping screws supplied with washers under the heads to go down easily through the webbing. It is recommended that the screw heads are located just outside the normal line of the user's footwear.

 **NOTE:** Adjust straps to suit the user. (Care should be taken not to over-tighten straps)

### **PRODUCT MAINTENANCE:**

*To ensure these products remain safe, serviceable and reliable throughout their period of use, RMS Ltd recommends they be inspected for wear, damage and security at regular 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 available from RMS Ltd.*

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

**RMS**  
REHABILITATION MANUFACTURING SERVICES

### **Thompson House**

Unit 10 Styles Close, Sittingbourne, Kent, ME10 3BF

Tel: 01795 477280 Fax: 01795 229692

E-mail address: [sales@rms-kent.co.uk](mailto:sales@rms-kent.co.uk)

[www.inedawheelchair.co.uk](http://www.inedawheelchair.co.uk)



Feb 2018