



# Resilergy™ Dynamic Strut AFO Instructions

CD207M, CD207MS, CD207S, CD207SS, CD207XS, CD107XSS, CD207FK

More flex options coming soon.

## Fabrication Instructions



EC REP



Advena Limited  
Tower Business Centre  
2nd Flr, Tower Street  
Swatar, BKR 4013  
Malta

Weight limit: Depends on Strut

6-month warranty against manufacturer  
defects, excessive wear or breakage.

Strut.revA.11092022



- |                                  |                     |
|----------------------------------|---------------------|
| EN   Instructions for Use        | EL   Οδηγίες Χρήσης |
| DE   Gebrauchsanweisung          | FI   Käyttöohjeet   |
| FR   Notice d'utilisation        | JA   取扱説明書          |
| ES   Instrucciones para el uso   | ZH   中文说明书          |
| IT   Istruzioni per l'uso        | KO   사용 설명서         |
| NO   Bruksanvisning              |                     |
| DA   Brugsanvisning              |                     |
| SV   Bruksanvisning              |                     |
| NL   Gebruiksaanwijzing          |                     |
| PT   Instruções de Utilização    |                     |
| PL   Instrukcja użytkowania      |                     |
| CS   Návod k použití             |                     |
| TR   Kullanım Talimatları        |                     |
| RU   Инструкция по использованию |                     |



[www.coyote.us/instructions](http://www.coyote.us/instructions)

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## Need more product info?

Visit us at [www.coyote.us](http://www.coyote.us) for more information, videos, tips, and instructions.



## Parts included

Parts that are included with the strut kits:

CD207XS, CD207S, CD207M. *More flex options coming soon.*

CD207M - *Medium Flex Strut Kit*  
 CD207S - *Soft Flex Strut Kit*  
 CD207XS - *Extra Soft Flex Strut Kit*



- A. Resilergy™ Strut (1) (10.5 x 1.5)
- B. Screws (4)  
(2) - 6x18 for Top Mounting Plate  
(2) - 6x20 for Bottom Mounting Plate
- C. Black Screws 6x14 (4)
- D. Washer (4)

- E. AFO Mounting Plate (2)  
(1) Upper Mounting Plate - Short Posts  
(1) Lower Mounting Plate - Tall Posts
- F. AFO Fab Tooling Pieces (2)
- G. AFO Plate Foam (2)

## Replacement Struts

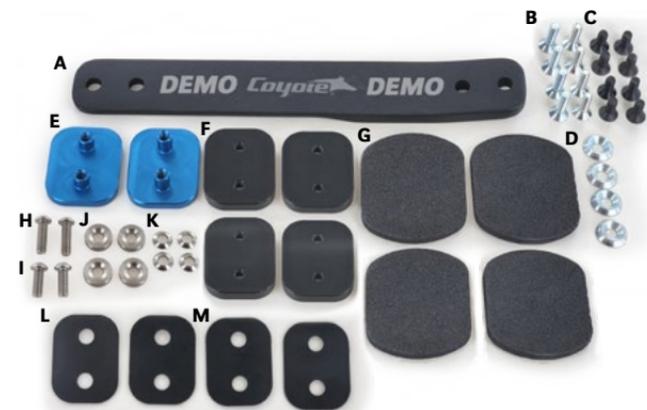
Replacement Struts are available (only the strut is included)

Part Numbers: CD207XSS, CD207SS, CD207MS.

*More flex options coming soon.*



## CD207FK - Fitting Kit - Parts Included



The Fitting Kit is available for a discounted price.

The demo samples are to help decide the best flex option for the patient. The Fitting Kit is for trial only and are meant to be replaced with standard product.

Larger sample kits will be available as more strut flexes become available.

## Shims

CD206FSP Flexion Shim Pair



CD206RSP Rotation Shim Pair



- A. Resilegry Strut 10.5 x 1.5  
CD207MS Medium Flex Strut (1)  
CD207SS Soft Flex Strut (1)  
CD207XSS Extra Soft Flex Strut (1)  
*More flex options will be available*
- B. Screws  
6x18 for Top Mounting Plate (4)  
6x20 for Bottom Mounting Plate (4)
- C. 6x14 Black Screws (8)
- D. Washer (4)
- E. AFO Mounting Plates  
Upper Mounting Plate - Short Posts (1)  
Lower Mounting Plate - Tall Posts (1)
- F. AFO Fab Tooling Pieces (4)
- G. AFO Plate Foam (4)
- H. Button Head Screws 6x25 (2)
- I. Button Head Screws 6x20 (2)
- J. Self Leveling Washers Bottom (4)
- K. Self Leveling Washers Top (4)
- L. Rotation Shims (2)
- M. Flexion Shims (2)

## Installing AFO Dummy Plates

Coyote struts are designed for thermal plastic bracing using 1/4 inch thermal plastic Polypropylene or ProComp™ to make custom thermoplastic orthosis.



**1** Cast patients' lower leg in the desired position with a similar heel height as the shoe they will be wearing. Cast similar to a solid ankle AFO. Make sure you have enough length for the strut on the posterior side of the cast. **Cast to the MPT or popliteal space.**

**2** Assemble the AFO strut and tooling pieces with 6x14 mm screws. Loosely tighten the screws to the plastic tooling pieces; the plastic tooling pieces should be ruffed up on the side facing the cast to help the glue bond.



**3** Align your toe out, or your tibia angle, depending on what degree you are looking for.

## Want more Information?

Try our online instruction video at:

[www.coyote.us/dynamicstrut](http://www.coyote.us/dynamicstrut)



**4** Center the tooling piece in the center of the posterior calf distal to the apex of the fibular head.



**5** The lower tooling piece is approximately 4 inches from the base of the planter surface depending on shoe type.



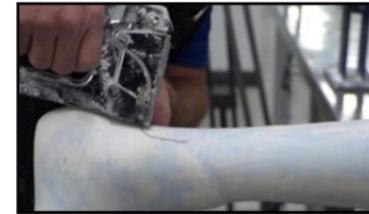
**6** Standard set up of composite strut is perpendicular to the foot plate and centered in the middle of the calf.



**7** Trace around your tooling pieces on the mold. Use the four 6x14 black screws to mount the strut to the tooling pieces.



**8** On the distal mount create an 1/8th of an inch lift, or more, depending on patients' calf shape so the strut clears the leg.



**9** Staples work well for setting tooling height.



**10** Spread a little Coyote Quik Glue, or 5 minute epoxy, where the tooling pieces will go. Place the tooling pieces on the glue holding it in place until the glue sets.



**11** Once the adhesive is set up, fill in the void with more Quik Glue but not quite to the edge of the tooling piece.



**12** Once the glue is set, hold the strut in place and gently remove the screws.



**13** Smooth out the edges with plaster on the fabrication tooling pieces. All the tooling pieces edges should be clean of plaster and adhesive.



**14** The plaster should have a smooth transition to the cast. To get a clean pull so the thermoformed plastic **doesn't undercut the edge of the tooling piece.**

**Need assistance?**  
Call us, we would love to help.  
**(208) 429-0026**

## Pulling Plastic and Shaping AFO



**15** Use two vacuum nylons over your cast to help with wicking when pulling 1/4 polypropylene or ProComp™.



**16** Make sure plastic draws tight around the tooling piece and does not bridge from the heel to the lower tooling piece.



**17** Mark your trim lines and cut off in a traditional fashion.



**18** Finish edges of plastic in the usual manner.



**19** Drill out the pilot holes from the **inside of the brace**. Use a 3/16th drill bit and use threaded holes in tooling piece as guides.



**20** Remove the tooling pieces and nylon.



**21** Drill out your clearance holes with a 23/64th Drill bit and deburr the holes.



**22** Insert AFO Mounting Plates into the shell. The radius edge inserts flush against the plastic.



**23** The upper mounting plate has shorter stems. The lower mounting plate has longer stems.



**24** Press Mounting Plates with a tool to get extra pressure to make flush.



**25** Place strut on mounting posts and make sure they are not sticking out past the strut surface. **They must be below the strut surface.**



**26** Ensure mounting plate is fully seated in the plastic by attaching and tightening down the washers and screws to the strut.  
(2 - 6x18 for Top Mounting Plate)  
(2 - 6x22 for Bottom Mounting Plate)



**27** If the posts are sticking out past the face plate of the strut, remove the screws, strut, and grind post until it is flush or below the strut surface. This may take a few tries.



**28** After grinding the post down, clean the edges of any burrs.



**29** Make sure the holes are clean and remount the strut. Make sure the strut is tight with brace. And the washer is flush and seats flat with the strut.



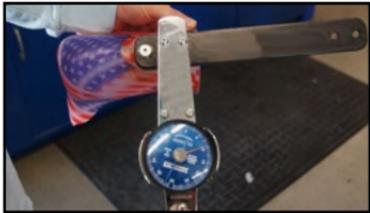
**30** Make sure the screws are more than 3/4 of the way through all the threaded post holes and not sticking out past the inside of the plate.



**31** Take the brace apart and Loctite® the threads with blue 242 Loctite®. Torque 5-8 Nm.



**32** Skive or shape the AFO plate foam to be flush with the plastic, covering the AFO Mounting Plate.



**33** Tighten the screws after a couple weeks of use, also at follow up appointments, re-Loctite if needed.

Always torque 5-8 Nm.

**Note:**

Depending on plastic thickness steps 26 and 27 may need to be repeated.

**Always, *LOCTITE* and torque to manufacturer specifications.**

**ATTENTION**

1. The instructions for this device cover a very specific method of fabrication, and we understand that a multitude of methods could be used. The fabricated device is the sole responsibility of the fabricator.
2. Always use Loctite® Blue 242 on screw threads. Torque between 5 Nm and 8 Nm in even distribution.
3. Tighten the screws after a couple weeks of use, also at follow up appointments, re-Loctite® if needed.

A 6 month limited warranty applies to the Dynamic Strut AFO (CD206R, CD206M, CD206S, CD206RS, CD206MS, CD206SS, CD207M, CD207MS, CD207S, CD207SS, CD207XS, CD107XSS) go to [www.coyote.us](http://www.coyote.us) for details.

## CD206FSP Flexion Shim Pair

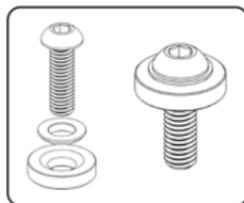


Shims are designed to adjust planter flex or dorsiflex for Coyote® Dynamic Struts



**Button Head**  
A - Screws (2) 6 x25  
B - Screws (2) 6 x20

**Self Leveling Washers**  
C - Bottom (2)  
D - Top (2)



The Flexion shim is designed for planter flex and dorsiflex adjustment.

- 1 Install the shims between the AFO shell and the strut to adjust the foot shell or cuff in a planter flex or dorsiflex direction.
- 2 The shims are not designed to be stacked.
- 3 Make sure the screws are more than 3/4 of the way through all the threaded post holes and not sticking out past the inside of the mounting plate.
- 4 Make sure the washers are flush and seat flat with the strut.
- 5 When all adjustments are made take the brace apart and Loctite® the threads with blue 242 Loctite®. Torque 5-8 Nm.
- 6 Tighten the screws after a couple weeks of use, also at follow up appointments, re-Loctite® if needed. Always torque 5-8 Nm.

## CD206RSP Rotation Shim Pair

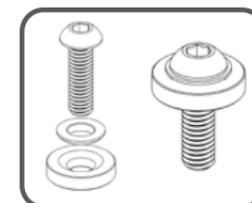


Shims designed to adjust lateral or medial rotation for Coyote® Dynamic Struts



**Button Head**  
A - Screws (2) 6 x25  
B - Screws (2) 6 x20

**Self Leveling Washers**  
C - Bottom (2)  
D - Top (2)



The Rotation Shim is designed for 2.5 degree lateral or medial rotational adjustments.

- 1 Install the shims between the AFO shell and the strut to adjust the foot shell or cuff's lateral or medial rotation.
- 2 The shims are not designed to be stacked.
- 3 Make sure the screws are more than 3/4 of the way through all the threaded post holes and not sticking out past the inside of the mounting plate.
- 4 Use the two piece adjustable washers and button head screws provided with the shims.
- 5 Make sure the large washers are flush and seat flat with the strut.
- 6 When all adjustments are made take the brace apart and Loctite® the threads with blue 242 Loctite®. Torque 5-8 Nm.
- 7 Tighten the screws after a couple weeks of use, also at follow up appointments, re-Loctite® if needed. Always torque 5-8 Nm.

Selection of the flex of the strut to be used is primarily based on patient preference. While most flex options can be used with a wide range of weights, it is possible that higher weight patients and higher activity patients will reduce the life of the strut, in the case of premature wear in either of these cases a different flex option may be required for warranty purposes. For additional help in selecting the flex for a specific patient please contact customer service.

*Resilergy™ composite struts available in:*

**CD207M - Medium Flex Kit**     *Weight Range 125-225 lbs.*  
**CD207S - Soft Flex Kit**         *Weight Range 90-200 lbs.*  
**CD207XS - Extra Soft Flex Kit**     *Weight Range 70-150 lbs.*

*Replacement Parts:*

**CD207MS - Medium Flex Replacement Strut**  
**CD207SS - Soft Flex Replacement Strut**  
**CD207XSS - Super Soft Flex Replacement Strut**

*Fitting Kit:*

**CD207FK - Fitting Kit of Resilergy™ Struts**  
*Includes 3 struts - CD207MS, CD207SS, CD207XSS*  
*More flex options coming soon.*

*Additions:*

**CD206RSP - Rotation Shim Pair**  
**CD206FSP - Flexion Shim Pair**  
**CD206MP - Mounting Plate Kit**

**Fabrication Videos:**

[www.coyote.us/dynamicstrut/](http://www.coyote.us/dynamicstrut/)  
[www.youtube.com/user/CoyoteDesignMfg](https://www.youtube.com/user/CoyoteDesignMfg)

**Need assistance?**

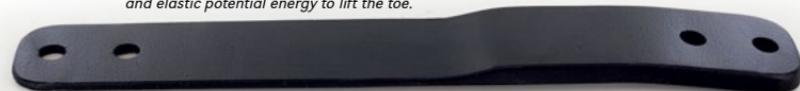
Call us, we would love to help.  
(208) 429-0026



Our dynamic strut design combines a unique combination of strength and flex that other posterior dynamic struts do not offer. The AFO combines the fit and comfort of a custom AFO with a posterior mounted dynamic strut for optimal ambulation. The strut is mounted to a custom thermoformed AFO.

*Narrow enough to give the right amount of dynamic flex and elastic potential energy to lift the toe.*

*Thick enough to give extra strength where it is needed.*



*Our unique varying thickness design creates a very comfortable natural gait.*



The strut is designed for average daily use; walking, working, hiking, biking, golf. Has not been tested with running.

Great for foot drop; the Dynamic Strut AFO also improves gait and is designed with custom thermoformed adjustability in mind.

Over time, the strut may wear out but is easy and inexpensive to replace.





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[www.coyote.us/events](http://www.coyote.us/events)

Dynamic Strut AFO instruction videos and courses worth CE credits are available online.



[www.opqschool.com](http://www.opqschool.com)

Check our websites events page for free AFO webinars.

**Coyote**  
Manufactured by Coyote®  
419 N. Curtis Rd., Boise, Idaho 83706  
(208) 429-0026 | [www.coyote.us](http://www.coyote.us)

