

# Dictus Hip-Foot User Instructions

Dictus Hip is an orthopaedic device that supports and facilitates walking, assists with hip flexion/extension and reduces the risk of tripping or falling.

## How to fit the Dictus Hip-Foot & fitting the hip belt

**1. Measure your waist to determine which Dictus size will fit you the best.**  
Size reference: Medium aprox. 55-80 cm, Large aprox. 81-130 cm.



**2. Put on the hip belt, making sure the buckle is centred and the hooks are facing down.**



## Fitting the monohook & the steel hooks

### 3. Alt.1 Monohook

**Slightly loosen the laces on your shoe.**  
**Insert the Monohook under the laces.**  
**Make sure the hook opening is facing down (see picture below).**



### 3. Alt.2 Steel hooks

**Insert the steel hook into one of the shoelace holes on each side. Depending on which hole you choose, the strength of the Dictus Hip-Foot can be adjusted. The end of the hook should point downward.**



## Fitting the rubber band with knee strap

4. Fold the knee strap in half, slide your foot through it and insert one end of the knee strap into the steel hooks on your shoe.



5. Take the other end of the knee strap and pull it up to the hip belt. Fasten the strap to the hooks on the waist belt. Then pull the fabric of the knee strap up to the back of your knee.



## How to use the midfoot cuff for indoor use

Put the midfoot cuff on your foot. The hook openings should face downward. Slide your foot through the knee strap. Place one end of the knee strap into the hooks on the foot cuff, and the other end into the hip belt.



Visit our Youtube channel, *erimedinternational*, to learn more about the Dictus Family, and how to use the products.