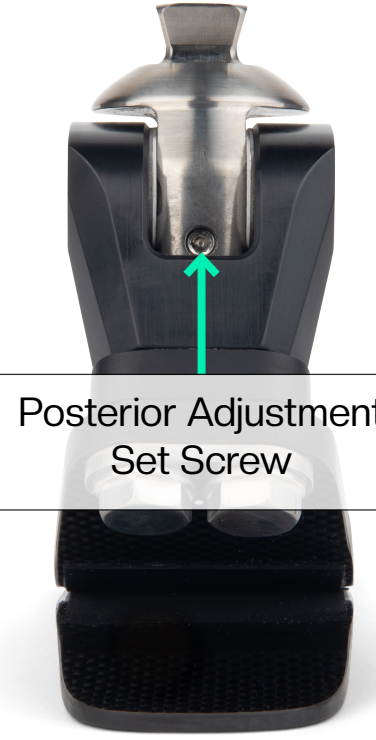


META[®] FLOW

ADJUSTMENT GUIDE



Anterior Adjustment Set Screw



Posterior Adjustment Set Screw



Included 3mm Hex Wrench

IMPORTANT NOTES

- ➔ Make adjustments in 1/4 to 1/2 turn increments.
- ➔ Adjustments **do not** change the ankle bench alignment or available ROM.
- ➔ Tighten Set Screws until snug to ~3Nm.
- ➔ Provided 3mm wrench is designed to flex indicating excess force is being applied.

**⚠ DO NOT OVERTIGHTEN
DO NOT APPLY LOCTITE**

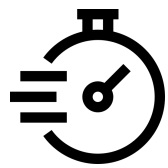


±2.5 Revolutions from Factory Settings

FACTORY SETTINGS
META[®] Flow allows 5 full revolutions of adjustment from minimum to maximum stiffness.

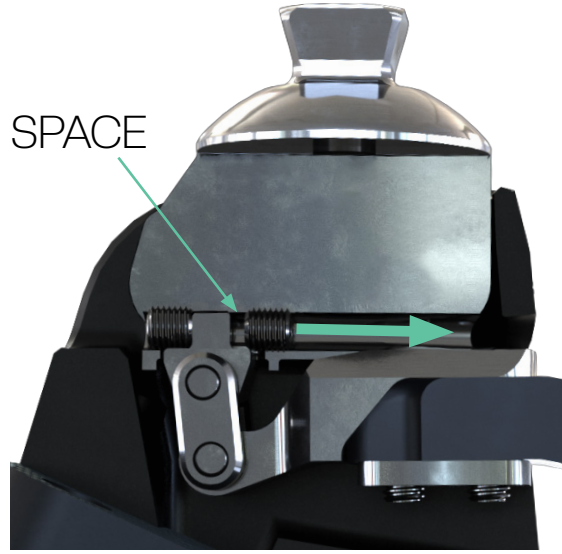
FACTORY SET TO MID-RANGE STIFFNESS
2.5 revolutions in each direction available.

Adjustments to the META[®] Flow ankle stiffness are made by loosening and tightening **both** the anterior and posterior adjustment set screws to change the rate of motion via compressing the composite ankle spring.

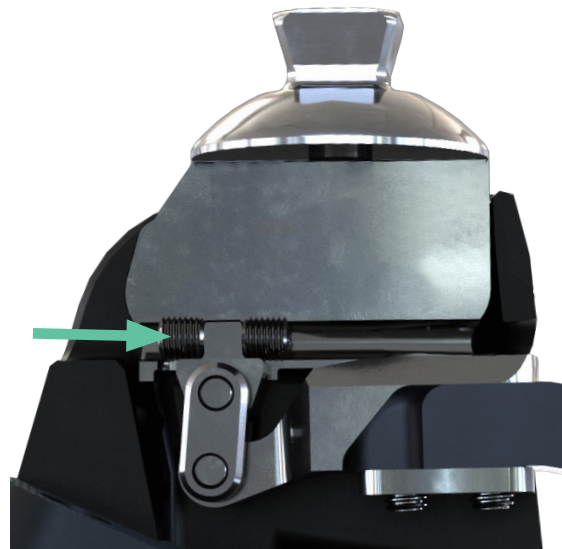


TO SPEED UP PLANTARFLEXION
[DECREASE STIFFNESS]

SPACE

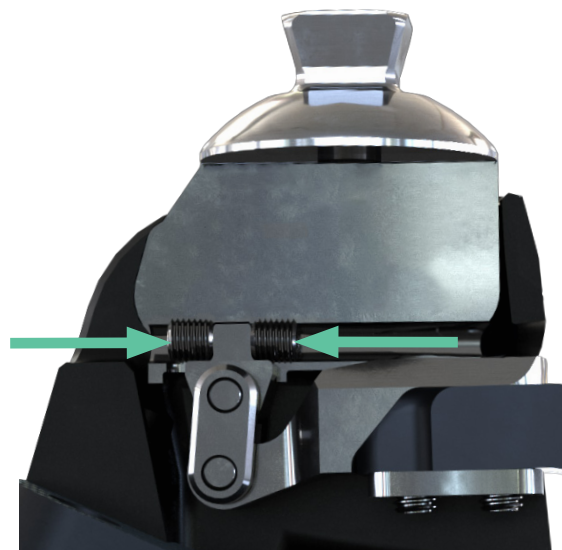


Loosen anterior set screw to create space



Tighten posterior set screw to decrease spring compression

Hand tighten to 3Nm



Confirm both set screws are tight

STEP 1

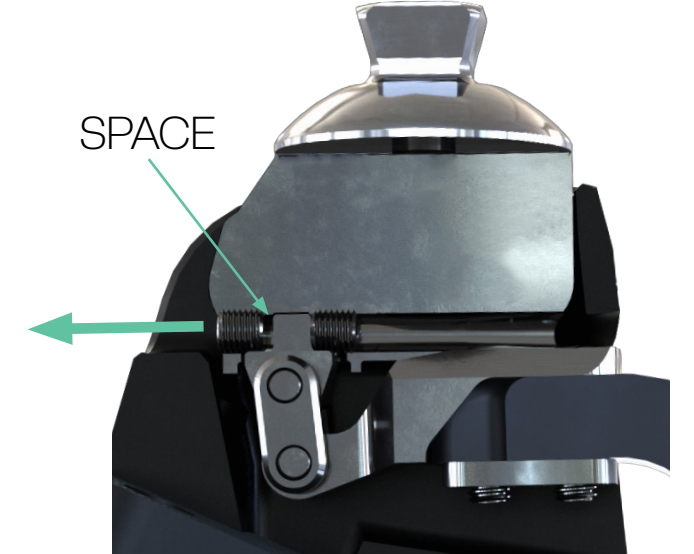
STEP 2

STEP 3

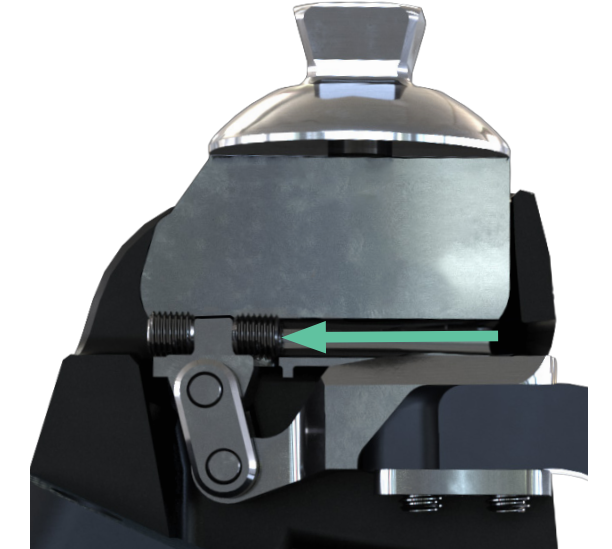
TO SLOW DOWN PLANTARFLEXION
[INCREASE STIFFNESS]



SPACE

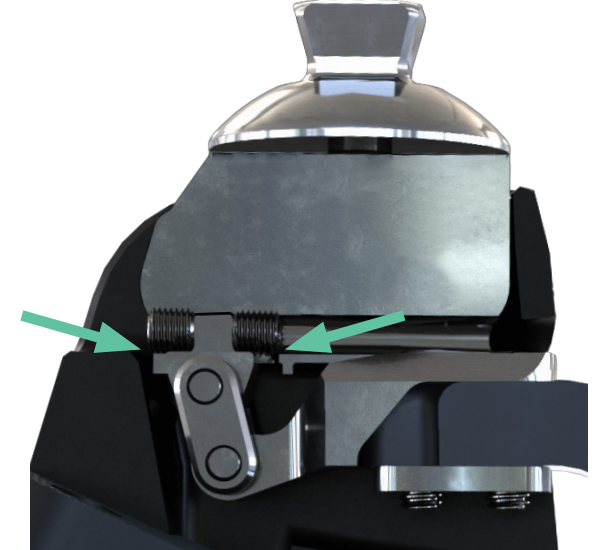


Loosen posterior set screw to create space



Tighten anterior set screw to increase spring compression

Hand tighten to 3Nm



Confirm both set screws are tight