

# LEGHOLDER RX<sup>®</sup>

## INSTRUCTION MANUAL

Legholder RX<sup>®</sup> mod. dép.

SWISS MADE  SINCE 2000



**RADIOLUCENT LEG POSITIONER (FOOT SUPPORT) FOR  
SIX STABLE POSITIONS IN OPEN KNEE SURGERY**



**FEH Medizintechnik**  
MEDIZINTECHNISCHE PRODUKTE

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**Manufacturer:**  
Wirz Ortho Mechanics • Switzerland

## MATERIAL

High-quality, skin-friendly and latex-free plastic. Inert to cleaning agents such as surface-active chemicals and alcohol.

## HANDLING INSTRUCTIONS

The LegholderRX® does not require any special treatment. Since it is mounted under the sterile drapes, it does **not need sterilization**. In certain tests, the LegholderRX® did not suffer any damage during sterilization at 134°C steam sterilization. However, it is strongly recommended to refrain from sterilization, and no guarantee is given for replacement due to damage caused by sterilization.

## MAINTENANCE

The LegholderRX® itself is maintenance-free.

The Velcro straps are subject to a certain degree of wear. It is recommended to check **every 6 months or after 100 uses** whether the tapes still adhere sufficiently, and to replace them accordingly.

## STORAGE

It is recommended to store the LegholderRX® in a clean and dry place and not to place any heavy or sharp objects on it.

This prevents any deformation or damage to the padding. The storage temperature must be **between -20°C and +60°C** and the humidity must not exceed 60%.

## WARRANTY

The product is made of high-quality materials and undergoes quality inspection before delivery. The warranty on the product is **5 years (except Velcro straps)**. If there are any defects, please contact us, the manufacturer or your distributor.

## COMPLICATIONS

There are no known complications with the LegholderRX®.

## DISCLAIMER

We cannot accept liability for any damage caused by improper use.

## DISPOSAL

As combustible waste or plastic recycling.

# PREPARATORY STEPS

## CHECK BEFORE USE

Before using the LegholderRX®, check the following: the integrity of the padding, the adhesiveness of the Velcro straps, the stable attachment of the four stirrups to the base plate, and the integrity of the eight black rubber pads on the base of the LegholderRX®.

## CLEANING

The LegholderRX® can be cleaned easily with commercially available cleaners such as high-proof alcohol, surface disinfectants, allpurpose cleaners, anionic and non-ionic surfactants. The use of, and/or staining by iodine preparations should be avoided as it leads to stubborn stains.



## INSTALLATION / FASTENING

Used as a leg positioner (foot support) in **open knee surgery**, usually in combination with a commercially available **side support** (lateral support) on the thigh, the LegholderRX® is attached to the operating table with the **short Velcro straps** over one half of the leg support of the operating side, and with the **long Velcro straps** over one half or over the entire leg support of the operating side. The sterile cover is then placed over it.

## MOUNTING LONG VELCRO STRAPS OVER WHOLE LEG



- a) Cover the entire operating table with a surgical underpad. Align the **highest stirrup** of the LegholderRX® **towards the bottom (distal)** and the **outside (lateral)** of the operating table. Place the 90° laterally rotated LegholderRX® at the end of the leg support of the operating side of the operating table.
- b) Insert the two Velcro straps with the **drawing facing upwards from the base plate** underside of the LegholderRX® through the oblong holes.



Pull the Velcro straps until they pass completely through to the **end bolt locks** and then rotate the LegholderRX® to the correct position of the leg support on the operating side.



Pull the Velcro straps under **both leg supports** of the operating table around the bottom.



Insert the two Velcro straps through the **oblong holes on the opposite side** of the base plate.



Position the LegholderRX® definitively on the leg support of the operating side and **pull with approx. 5kg tensile force (50N)** on the Velcro straps in the opposite direction.



Secure the position by **bonding** the corresponding contact surfaces of the Velcro straps.

## MOUNTING LONG VELCRO STRAPS ONLY OVER ONE LEG SUPPORT OF THE OPERATING SIDE

With the **long Velcro straps**, the LegholderRX® can be fastened over the leg support of the operating side. Proceed in the same way as with the short Velcro straps (**see following page**) but wrap the Velcro straps around the LegholderRX® one additional time.

## MOUNTING SHORT VELCRO STRAPS OVER ONE LEG SUPPORT OF THE OPERATING SIDE



a) Cover the entire operating table with a surgical underpad. Align the **highest stirrup** of the LegholderRX® towards the **bottom (distal)** and the **outside (lateral)** of the operating table. Place the 90° laterally rotated LegholderRX® at the end of the leg support of the operating side of the operating table.

b) Insert the two Velcro straps with the **drawing facing upwards from the base plate** underside of the LegholderRX® through the oblong holes.

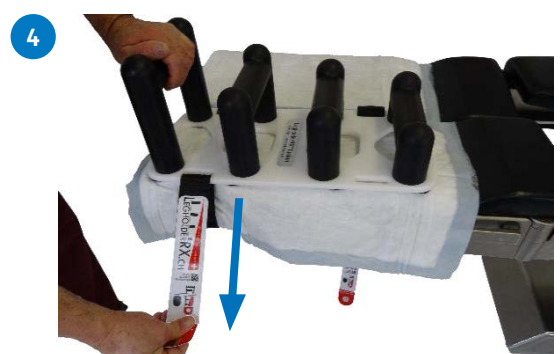


Pull the Velcro straps until they pass completely through to **the end bolt locks** and then rotate the LegholderRX® to the correct position of the leg support on the operating side.

Pull the Velcro straps through the **gap between the two leg supports** and under the leg support of the operating side.



Insert the Velcro straps through the **oblong holes on the opposite side** of the base plate.



Position the LegholderRX® definitively on the leg support of the operating side and **pull with approx. 5kg tensile force (50N)** on the Velcro straps in the opposite direction.

**Note:** The surgical underpad needs to be cut across the leg support of the operating side **in the gap** to the opposite leg support during assembly. By attaching the LegholderRX® only to the leg support of the surgical side, this half of the leg support can be **moved independently**.

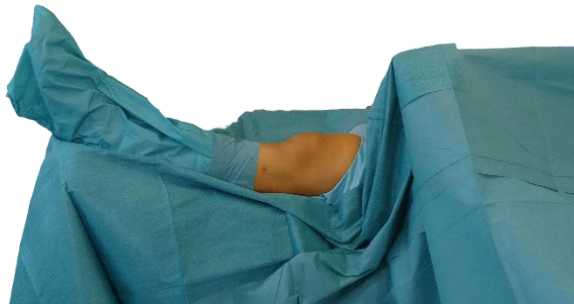
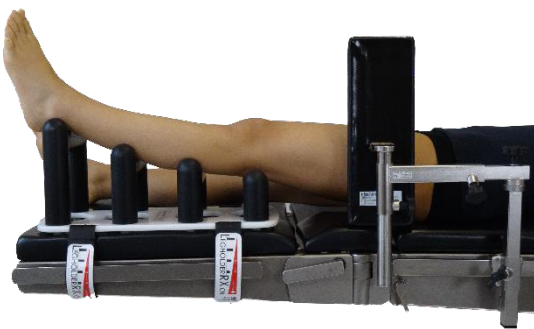


# POSITIONING

## BEFORE STERILE PREPPING

## AFTER STERILE PREPPING

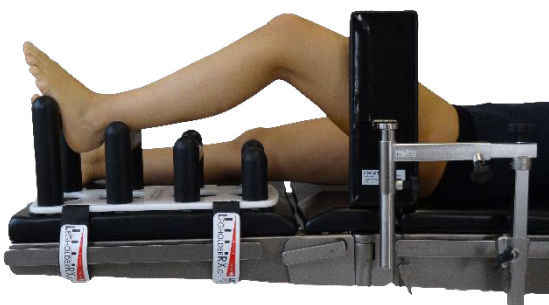
### EXTENSION



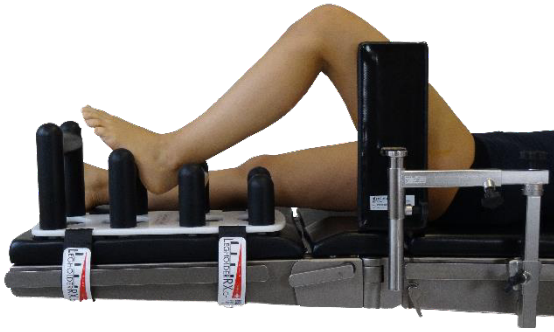
The **distal Achilles tendon** comes to rest on the **highest stirrup**. The smaller high stirrup is proximal to it. The **side support** (lateral support) should be in the **longitudinal centre of the extended thigh**. Vertically, the side support (lateral support) should be positioned to provide sufficient lateral support to the leg in both **full extension and full flexion**.

This ensures that the lateral support is effective both during extension (e.g., for opening the medial knee compartment during arthroscopy) and during strong flexion (e.g., installation of the tibial plateau during knee prosthesis implantation).

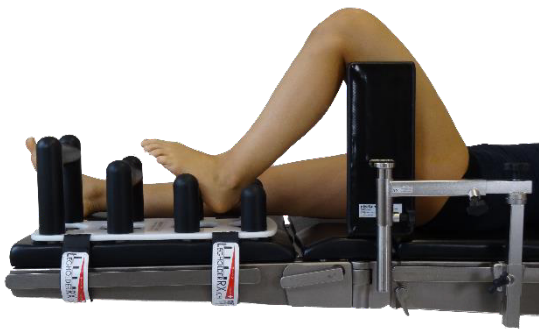
### 45° FLEXION



### 80° FLEXION



### 110° FLEXION



### 130° FLEXION



### 150° FLEXION



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CE (Swissmedic CH-201505-0035)

FDA registered.

Konform zum Medizinproduktegesetz (MDA) ISO 13485

GLN: 7649994277000