

**VACO**® by OPED  
**ped**



Keeps you going.

FAQ's Patient booklet



Keeps you going.

**OPED UK Ltd**

Unit 5

Avro Business Centre

Avro Way

Bowerhill

Melksham

SN12 6TP

United Kingdom

Phone +44 (0)1380 722177

[enquiries@oped.biz](mailto:enquiries@oped.biz)

[www.oped-uk.com](http://www.oped-uk.com)

## VACOPed patient FAQ's

**Can I buy replacement/spare soles for my VACOPed?** Yes of course, all our accessories and spare parts are available to buy from our online shop [www.oped-uk.com](http://www.oped-uk.com).

**How long will the sole last before I need to replace it?** As a guideline we say 12 weeks, however, it has been known for patients with a more 'outdoor' career/hobby to need to replace the sole more often. One patient didn't let his injury slow him down, we have photographic evidence of him on his combine harvester wearing his boot!

**Can I buy a spare key or straps for my VACOPed?** A spare key is already provided free of charge. This can be found in the bag with the user manual. If you have lost the key it's no problem as mentioned above, accessories and spare parts are available to purchase on our website.

**Can I buy spare liners for my VACOPed?** The VACOPed comes with a spare liner but all accessories and lifestyle items are available online [www.oped-uk.com](http://www.oped-uk.com).

**Can I wash my VACOPed, if so what with?** Washing your VACOPed is no problem simply, wipe clean with warm soapy water and then dry off with a towel.

**Can I buy a rain cover for my VACOPed?** Living in the UK means living with rain, sleet and snow! For extra protection for your boot we have a rain cover available on our website that fits over the base of the boot and offers protection against those wintery down pours.

**Why does it feel odd in the arch of my foot?** The feeling in the arch of your foot is due to our patented VACO12 vacuum technology forming to the shape of your foot. This means instead of your arch being empty, it is filled with tiny beads that have been vacuumed of air and are now sitting close against your arch. You should get used to this sensation in a couple of days of wearing your boot.

**Do they come in left and rights?** All of our boots are universal which means that they can be worn on either foot.

**I am left handed can I change the straps round?** Left or right handed the straps are totally flexible dependant on your preference. With a twist and pull motion, the straps and hooks can be removed and simply fitted back onto the boot on the opposite side. For further guidance, please do not hesitate to give us a call on **01380 722177** we are always happy to help!

**Can I walk without the sole on?** You should NEVER weight bear without one of the soles attached. Although there are non-slip grips on the base of the boots this is only for safety at night should you place your foot on the floor when the sole is off. The sole is removable, so should you have to wear the boot permanently for a short period it can be removed for bed.

**Can I travel on an aeroplane with my boot on?** We hope you will never experience an injury before travelling abroad for your holidays but if you do, don't worry as all of our boots can be worn to travel by road, rail or plane! Please always consult your healthcare team before travelling.

**Can I wash my terry liner?** Yes! Always remove the white vacuum cushion from the terry liner first. Make sure the zip is closed and then you can wash in your washing machine on 60° cycle.

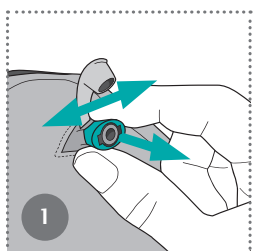
**Can I go swimming in my boot?** Whether it is for pleasure or for early rehab/physiotherapy, you can wear your boot into the pool. Simply towel dry the shell and swap to your spare dry liner when you are finished.

If you have any questions you would like to discuss, please do not hesitate to contact the customer services team on **01380 722177**.

# VACOped<sup>®</sup> by OPED



## How to Use

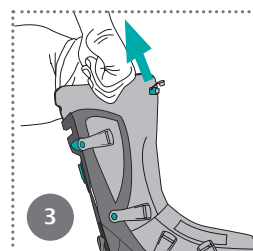


Pull the valve ring upwards. Move it to the side until the vacuum cushion becomes soft.



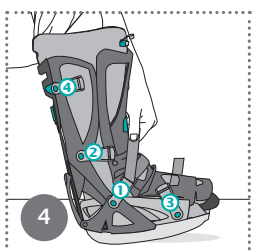
Stroke the fabric liner smooth to distribute the small spheres evenly.

Place the foot in the fabric liner and close the velcro straps.



Pull the fabric liner upwards.

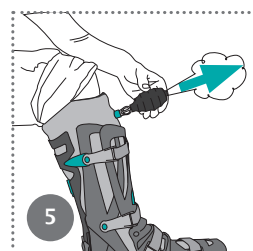
Position the foot at the very back of the lower shell.



### Fit the upper shell

Correct position of the upper shell:  
In the area of straps 3: inside the lower shell.  
In the area of straps 4: outside of the lower shell.  
Close straps in the order 1-2-3-4.

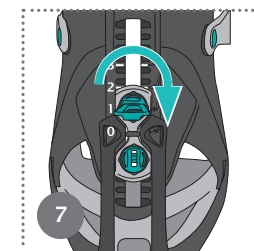
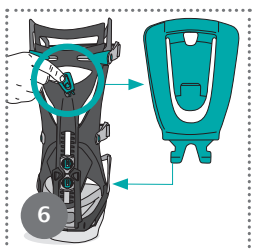
**Warning:**  
The valve must not be kinked or covered by the upper shell.



### Adjust vacuum cushion

Push the valve ring downwards.  
Attach the suction pump.  
Squeeze the suction pump until it no longer inflates.  
Close the valve cap.

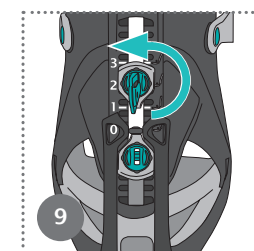
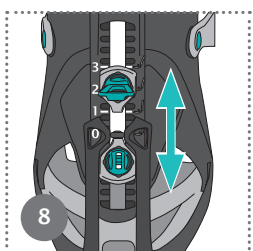
## Change Angle Adjustment



Remove key from the holder and insert it into the screw. (Fig. 6)

Turn key right/horizontally to open the screw. (Fig. 7)

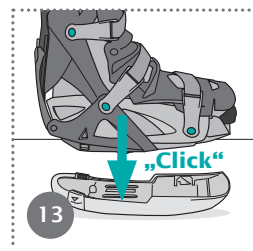
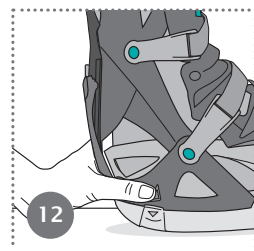
Raise screw and shift into the desired position. (Fig. 8)



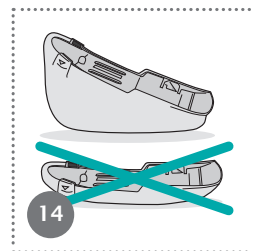
Turn key left/vertically to fix the screw in place. (Fig. 9)

Repeat the process with the other screw, until the desired angle adjustment or range of movement is reached.

## Change Sole/Adjust Sole Length

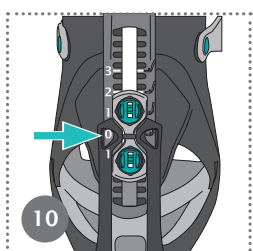


Push both unlocking buttons simultaneously and remove sole. (Fig. 12+13)



**Note:**  
Treating Achilles tendon injuries in the equinus position: With an angle setting between +15° and +30°, please use the wedge sole. (Fig. 14)

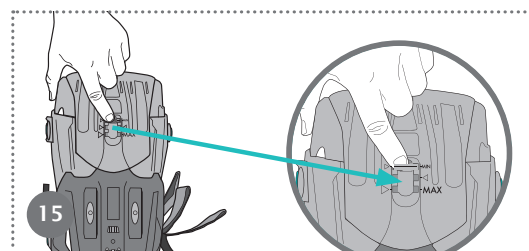
## Release Movement



Delivery condition: Fixed in neutral-zero position ("0" = 0°)

**Note:**  
Setting in 5° increments from -15° to +30° possible.

Angle adjustment scale: "1" corresponds to 10°.

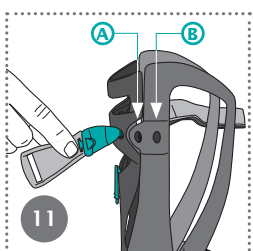


Push the unlocking button. (Fig. 15)

Pull toe section to the desired length.

Insert sole again.

## Adjust Calf Circumference



Push the buckle out of the lower shell and into the desired position.

**A. Large calf circumference**  
**B. Small calf circumference**

Repeat on the other side.

## Guideline Value for Shoe Sizes

Size	Small	Medium	Large
EUR	35 - 40	40 - 45	45 - 50
UK	2 ½ - 6 ½	6 ½ - 10 ½	10 ½ - 14
US (M)	3 ½ - 7 ½	7 ½ - 11 ½	11 ½ - 15
US (W)	4 ½ - 8 ½	8 ½ - 12 ½	12 ½ - 16

**Recommendation:** At the size interfaces between the Small/Medium and Medium/Large versions, supply the smaller VACOped size if possible.