User Guide
Foot & Ankle for Joint Injection

Product No: 30100
This brand new model is a welcome addition to the existing Limbs & Things joint injection range of products. Like the Shoulder, Elbow and Hand & Wrist its purpose is for practising soft tissue injection for the treatment of injuries and arthritis. This product has been designed in close collaboration with Mr Jim Pickard and Dr Chris Davies from the University of Huddersfield, UK.

**Skills**

- Patient posture and management
- Palpation techniques
- Identifying anatomical landmarks
- Injection sites for:
  - metatarsophalangeal (MTP) joint
  - Morton’s neuroma
  - tarsal tunnel
  - plantar fascia
  - sinus tarsi
  - retrocalcaneal bursa
  - tibiotalar joint
  - subtalar joint

**Features**

- Latex free
- Represents normal anatomy as required for palpation purposes
- Easy-to-use Feedback Console: LEDs light up when correct injection sites have been acquired

**Package supplied**

- **30095** 1 Foot & Ankle Needle Set
- **30101** 1 Foot & Ankle Skin
- **70102** 1 Foot & Ankle Musculature
- **BKS1846195004** Joint and Soft Tissue Injection Book
- 1 Foot & Ankle base anatomy
- 1 Feedback Console with batteries
- 1 Carry case
Battery test procedure

Before connecting any electrical leads, firmly press the ‘Battery/system test’ button on the front panel of the Feedback Console. All the lights should illuminate.

If batteries are inserted make sure they are the correct way round.

A polarity diagram is moulded into the plastic underneath the batteries. If the batteries are inserted correctly and the lights still do not illuminate, remove them and insert batteries that are known to be working.

If they do not: check that there are batteries inserted (4 x 1.5v AA/ LR6/ AM3/ MN1500). Alkaline batteries are recommended. Observe any safety information printed on the batteries.

If the Console fails to work after carrying out this recommended procedure, it has probably developed a fault and should be returned.

NOTE: Batteries should be removed from the Feedback Console if the product is not being used for an extended period of time.
Connecting the leads

1. Having satisfied out the Battery Test Procedure, ensure that the lead running from the model is plugged into the black socket at the back of the Feedback Console.

2. Ensure that the electrical contact is securely attached to the needle on the syringe.

3. Ensure the lead running from the syringe is plugged into the circular socket at the back of the Feedback Console.

4. Press the ‘Battery/system test’ button at the bottom of the front panel of the Feedback Console. All the lights should illuminate.

Should the lights fail to come on, disconnect and reconnect the leads at the back of the Feedback Console. If the lights do not illuminate after doing this then the model has probably developed a fault and should be returned.
Simulation of injection

Before use, check that the needle is not blocked and that the tip of the needle is sharp and straight. Blunt or hooked needles may tear the skin or prevent correct electrical contact.

1. **MTP Joint**
   When the needle enters the correct injection site, a green light will illuminate. Correct injection technique can then be taught.

2. **Morton’s Neuroma**

We recommend wearing gloves when using this product, especially when handling the skin. See ‘Care of Products’.
Other injections

- MTP Joint
- Morton’s Neuroma
- Tarsal Tunnel
- Plantar Fascia
- Sinus Tarsi
- Retrocalcaneal Bursa
- Tibiotalar Joint
- Subtalar Joint
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**Knee Aspiration & Injection Trainer with Ultrasound Capability**

70103

An anatomically accurate adult knee model for injection and aspiration of synovial fluid from the knee joint, from both the lateral and medial aspects, using ultrasound-guidance or palpation.

**Shoulder for Joint Injection**

30010

**Hand & Wrist for Joint Injection**

30031

**Elbow for Joint Injection**

30080

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