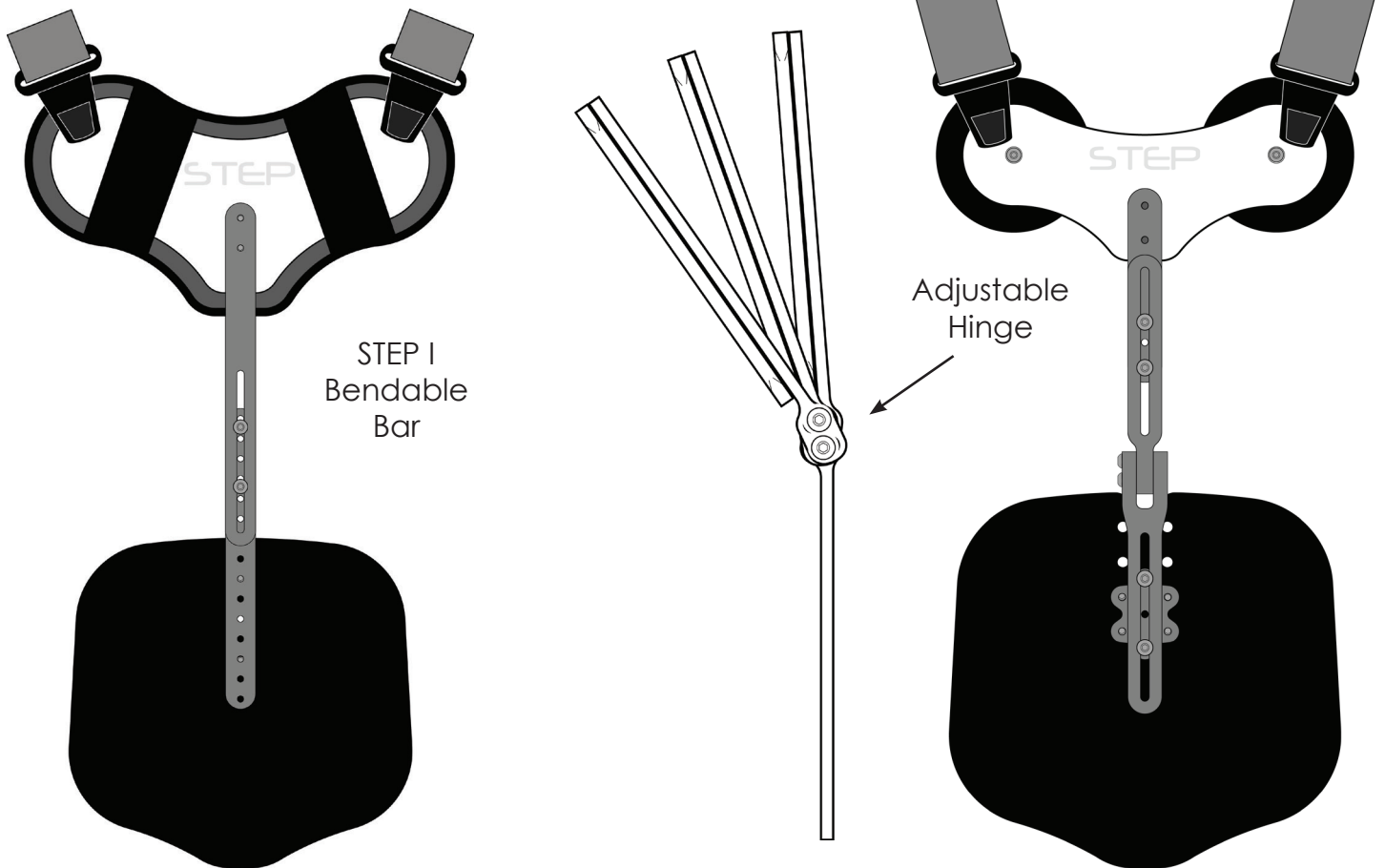


# STEP Fitting Guide

## Adjustable Height and Angle



## S.T.E.P. Sternal Thoracic Extension Plate

The STEP is a padded sternal plate mounted on an aluminum bar that is vertically and angularly adjustable. Shoulder straps are removably attached to the sternal plate. An Allen wrench and installation template are included.

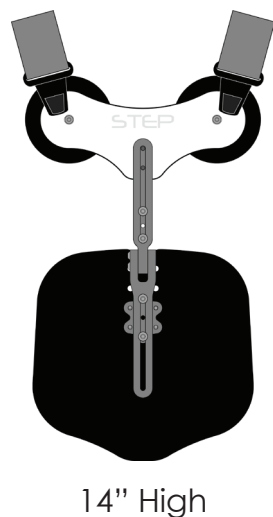
The STEP can be attached to:

- A TLSO body jacket
- Any fabric brace with a substantial anterior plate
- No need to attach it. Just order it attached to any Blue Diamond Orthopedic brace.

# ADJUSTING THE STEP II HEIGHT AND ANGLE

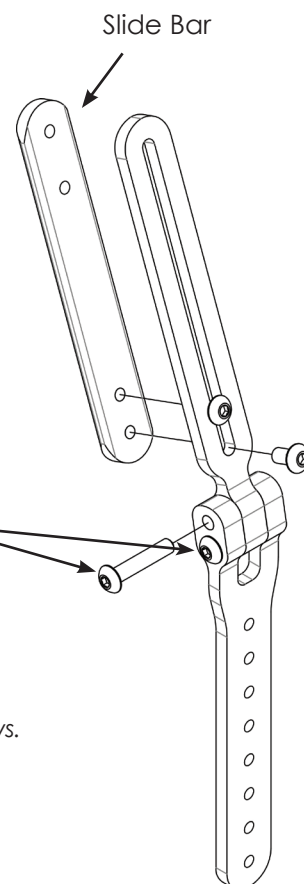
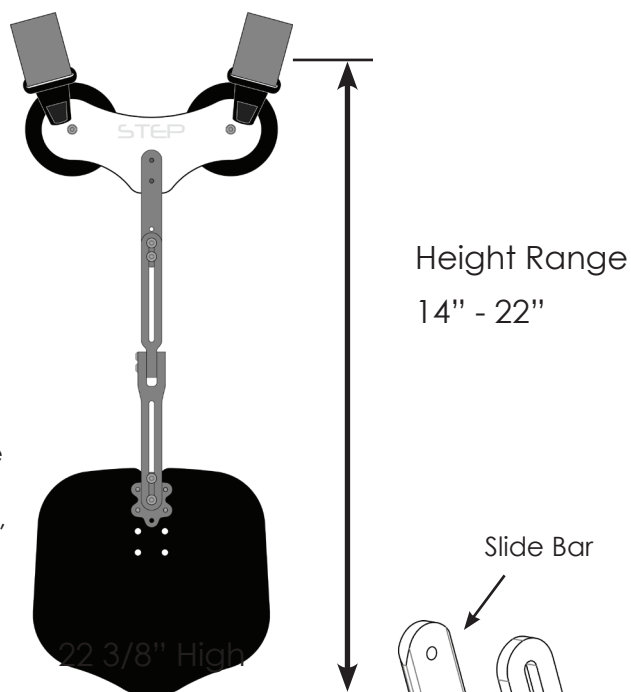
## HEIGHT ADJUSTMENT

The height of the STEP II can be adjusted in two places:



- 1 The slide bar on top allows you to adjust the height by loosening the two screws with the included Allen wrench and sliding the bar.

- 2 The bottom bar placement can be adjusted on the front plate in two ways. One is by loosening the screws and sliding the bar. The second is by removing the screws, adjusting the plate position, and replacing the screws in different holes.



## ANGLE ADJUSTMENT



Using the Allen wrench included with your STEP, loosen the two hinge screws.

*Note: Loosen, but don't remove the screws.*

Adjust the angle until the sternal extensive force is correct.

Hold the joint angle and re-tighten the screws.

*Note: Make sure to tighten all screws prior to releasing the brace to the patient.*

# ADJUSTING THE STEP I HEIGHT AND ANGLE

## HEIGHT ADJUSTMENT

The height of the STEP I can be adjusted in two places:

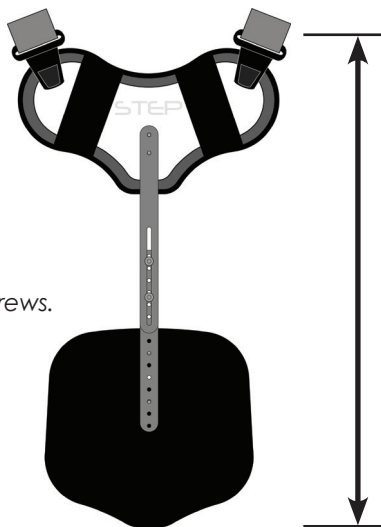
1

The slide bar on top allows you to adjust the height by loosening the two screws with the included Allen wrench and sliding the bar.

*Note: Loosen, but don't remove the screws.*

2

The bottom bar placement can be adjusted on the front plate by removing the screws, adjusting the bar position, and replacing the screws in different holes.



Height Range

12 5/8" - 22 5/8"

## ANGLE ADJUSTMENT

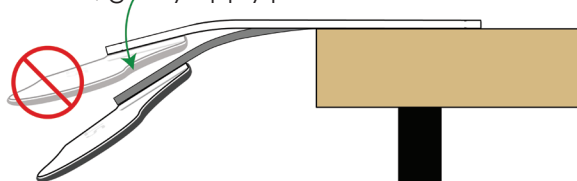
1

Separate the step bars by removing the height adjustment screws.

*Note: There's no need to separate the bars if you're bending where they are only one bar thick.*

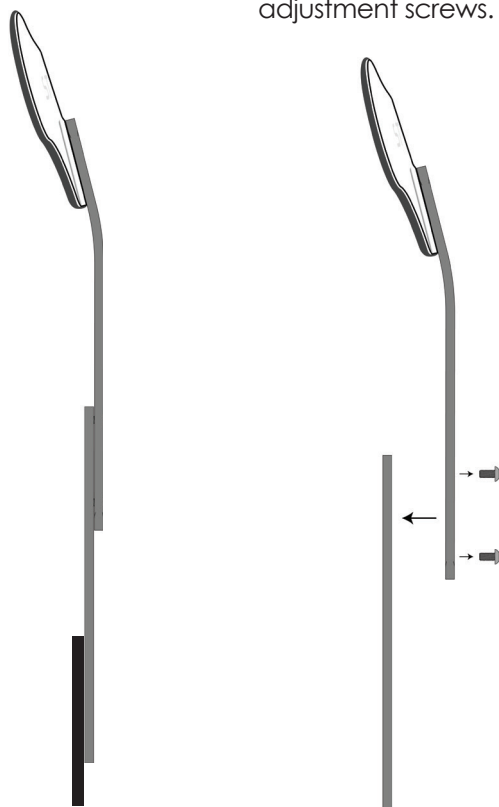
2

Using bending bars or bending over a hard flat surface, gently apply pressure on the bar.



*Note: For uniformity, when adjusting the angle, try not to initiate the bend in the same position as the preformed piece.*

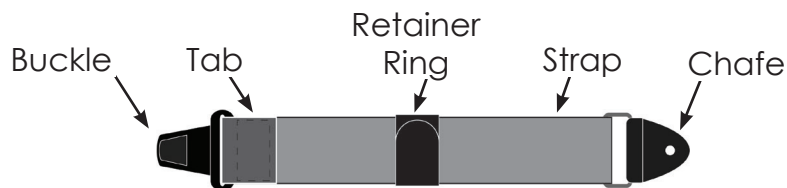
**Caution: Do not attempt to bend the bar by pushing on the plastic sternal plate.**



*Note: Make sure to tighten all screws prior to releasing the brace to the patient.*

# ADJUSTING THE STEP SHOULDER STRAPS

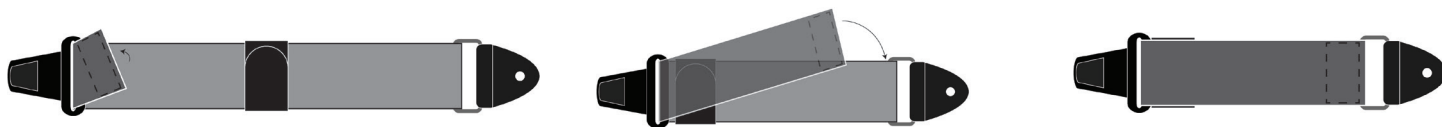
## STEP SHOULDER STRAP COMPONENTS



Note: The STEP's straps come set at 9.5" long. They can be shortened to 5" or lengthened to 11.5".

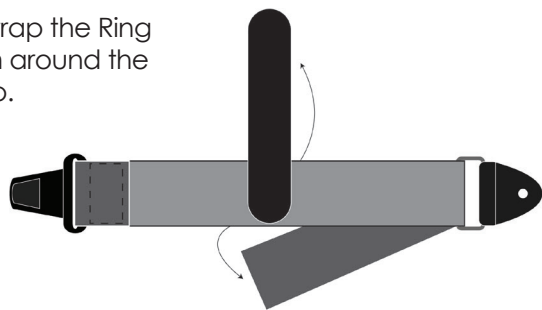
## SHORTENING THE STEP SHOULDER STRAPS

Pry the Tab up and pull it towards the Chafe, then secure it to the strap.



## LENGTHENING THE STEP SHOULDER STRAPS

1  
Unwrap the Ring from around the strap.



2  
Slide the Chafe away from the buckle.



3  
Reposition the Ring so it will cover the end of the bottom strap. Then, wrap it around the top of the strap, securing it to itself.

