

# *ACTIVANKLE* or *SWIMANKLE* Installation Instructions

Read entire instructions before installing

## 1. Foot Bolt Installation

Use a 10mm bolt. Rampro supplies a 10m x 20m stainless steel bolt for use with the Kingsley *Steplite* or a 10m x 30m stainless steel bolt for use with most other Symes feet.

**\*\* VERY IMPORTANT \*\***- **Bolt should not exceed 1/2" or 13mm above the mounting surface of the foot.** If these limits are exceeded damage to the ankle will occur and the warranty will be void. Do not stack lock washers if the bolt is too long. Cut the bolt to the proper length.

**If footbolt insert does not have a flange with 4 shallow holes, tighten foot bolt to 15 foot pounds or 180 inch pounds or 2.1 kilograms per meter. Do not over tighten. Do not use Lok-tite or any other bolt adhesive. Do not use lock washers. Do not stack washers.**

If footbolt insert has a flange with 4 shallow holes (*Activankle 91-100 and later* or *Swimankle 3-101 and later*), tighten footbolt according to foot manufacturers specifications or industry standards.

## 2. Foot Modification

Some foam will need to be removed on the medial side so as to access the ankle handle. The foam on the posterior side should be removed or ground very thin so as not to inhibit the ankle from plantar flexing. Bolt the ankle to the foot and mark the area to be removed. Remove the ankle from the foot and grind. Be conservative. Grind away only as much foam as is necessary to access the handle and allow the ankle to fully plantar flex.

## 3. Drilling Dowel Pin Hole

To prevent ankle rotation, Rampro supplies a 5/32" x 1" stainless steel dowel pin. *An optional dowel pin drilling template (ADPDT) is available from Rampro.* Use a 5/32" drill. Drill 5/8" or 16mm aft (posterior) of foot bolt center. Drill 5/8"-11/16" or 16mm-18mm deep. Install dowel pin and ankle to foot. Arrow on top of ankle points forward (anterior).

## 4. Attachments

Titanium parts are recommended for weight and corrosion resistance. The ankle accepts a standard 4 hole pattern. Rampro supplies 4 - 6 x 20mm flat socket head stainless steel screws. **Tighten these to 40 inch pounds. Do not use Lok-tite or any other bolt adhesive.** Stainless steel adjustment set screws are available from Rampro.

*ACTIVANKLE* and *SWIMANKLE* by Rampro

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