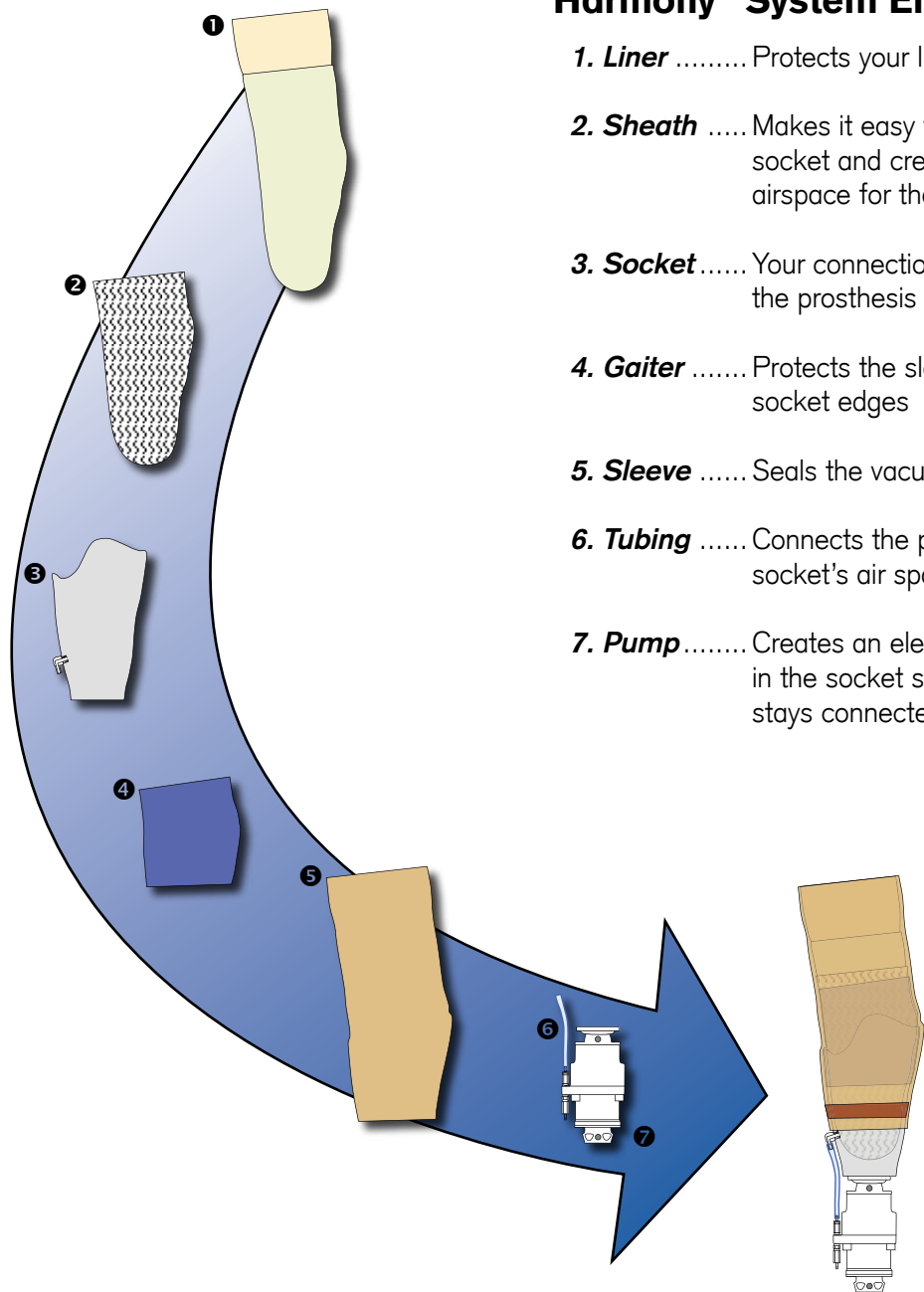


Harmony® System Elements

1. **Liner** Protects your limb
2. **Sheath** Makes it easy to slide into socket and creates an airspace for the vacuum
3. **Socket** Your connection to the prosthesis
4. **Gaiter** Protects the sleeve from the socket edges
5. **Sleeve** Seals the vacuum air space
6. **Tubing** Connects the pump to the socket's air space
7. **Pump** Creates an elevated vacuum in the socket so your limb stays connected

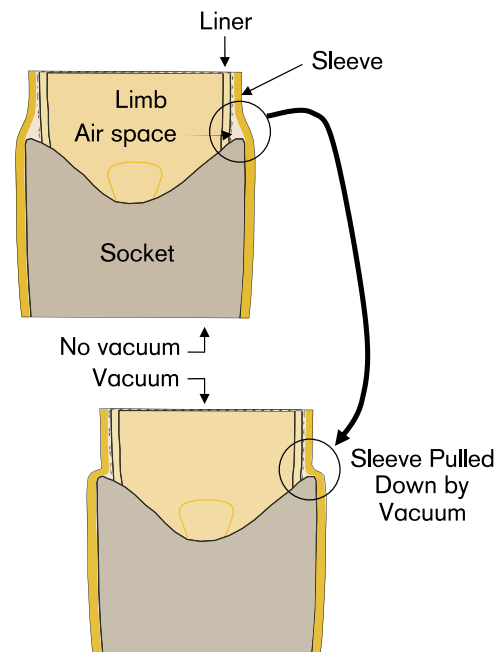


Harmony® System Elements

Maintaining Vacuum

Take 20-40 steps to create vacuum in your system. After about 10 minutes, check the following issues:

1. Is the sleeve pulled in sharply at the socket edge?



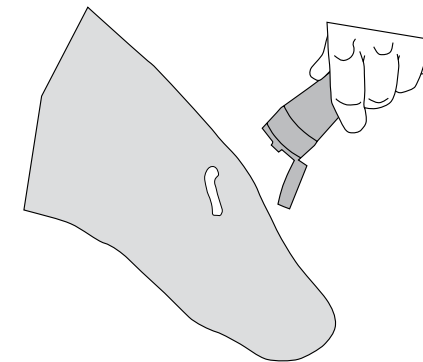
2. Do you feel connected to the socket?
3. Does your leg feel relatively light?

If you answer 'yes' to these three questions, and a snug, comfortable fit is maintained all day, you have good fit.

If you lose the snug, comfortable fit or the system feels heavy within the first hour, you have probably lost vacuum. Please review the "Harmony Patient Care Video" and "Fit Kit Video" you received with your system, or contact your prosthetist.

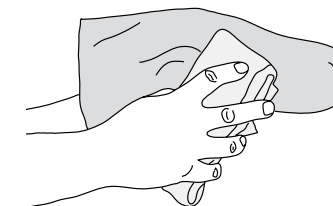
Caring for your skin

Your skin is the most important element in the Harmony® System. To keep it healthy, check your limb every time you use and remove the system. To maintain skin health, we recommend applying a small amount of lubricant, such as Derma Prevent, each day before putting on your system.



Caring for your liner

At least once a day, examine your liner for tears or holes and wash your liner with a non-allergenic, skin-friendly soap. Pat dry with a towel.



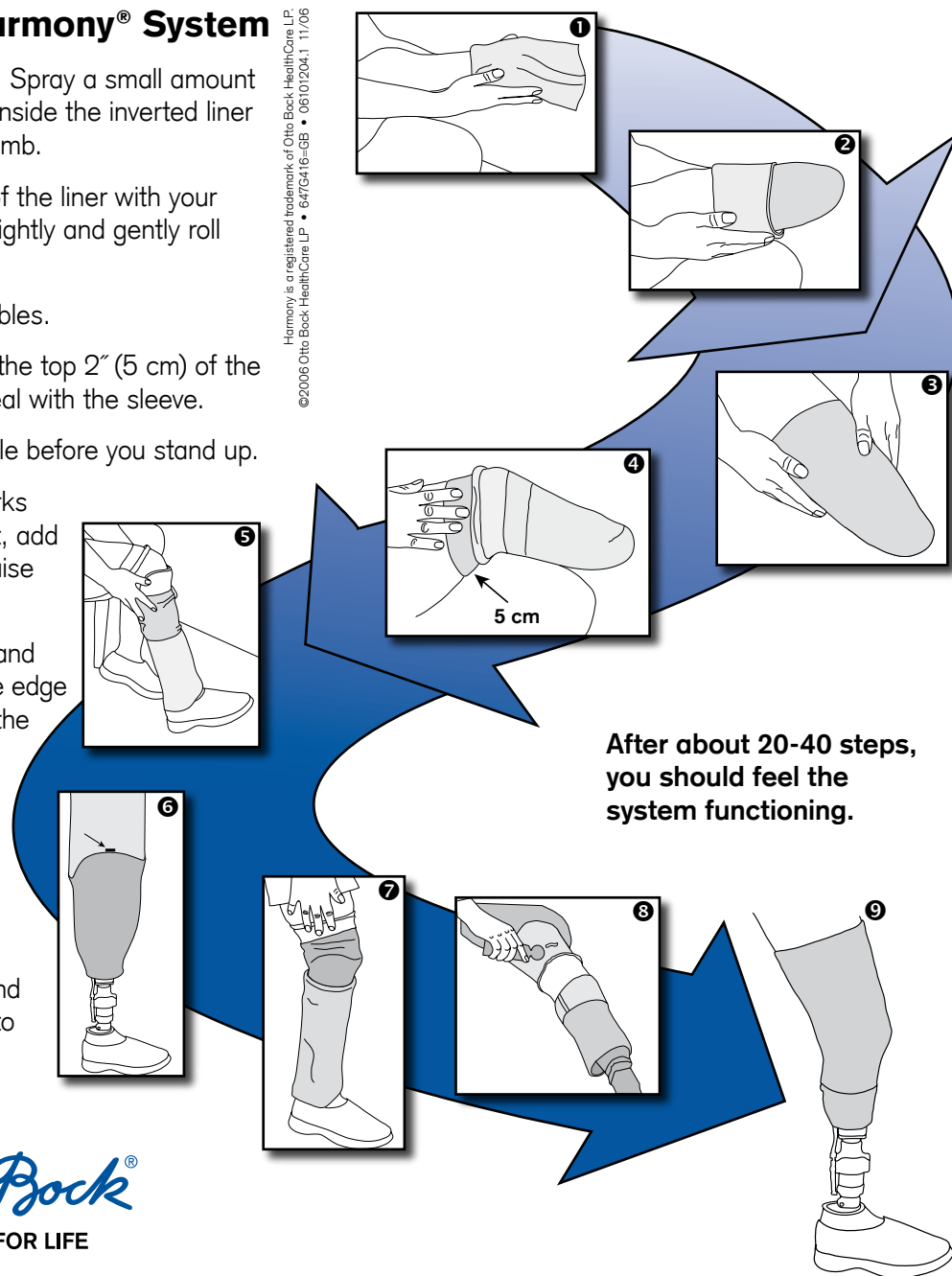
Caring for your sleeve and gaiter

- Check the smooth side of your sleeve every day for tears or holes.
- Hand or machine wash your sleeve at least once a week.

Putting on the Harmony® System

1. Turn the liner inside out. Spray a small amount of water or hand lotion inside the inverted liner to help roll it onto your limb.
2. Next, line up the front of the liner with your limb. Bend your knee slightly and gently roll the liner on.
3. Smooth out any air bubbles.
4. Roll sheath over all but the top 2" (5 cm) of the liner so that liner can seal with the sleeve.
5. Make sure you are stable before you stand up.
6. Make sure the liner marks are visible. If they're not, add a spot or half sock to raise mark over socket edge.
7. Bend your knee slightly and roll the gaiter up over the edge of the socket to protect the Harmony® sleeve.
8. For a better seal, apply a small amount of lotion to the exposed 2" (5 cm) of the liner and thigh.
9. Roll sleeve over gaiter and liner and onto the thigh to complete the seal.

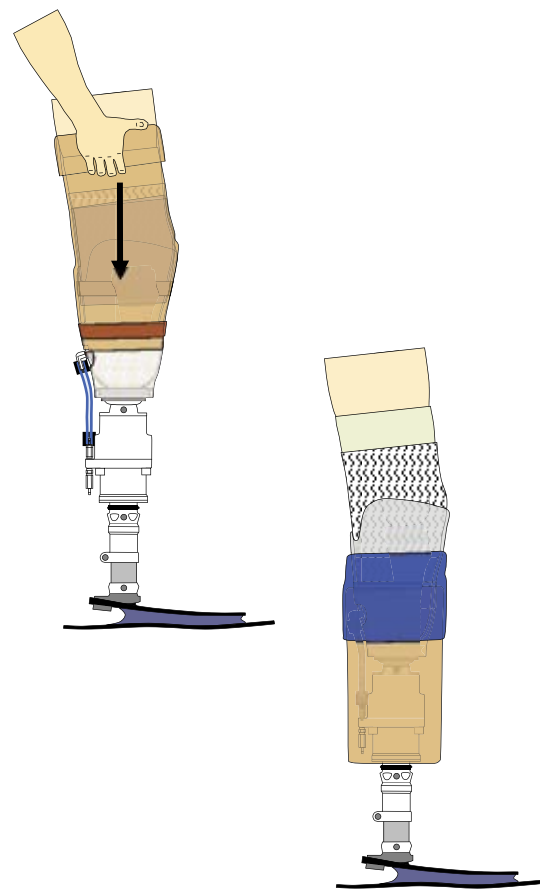
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After about 20-40 steps, you should feel the system functioning.

Removing the Harmony® System

1. After a short period of use, the gaiter will normally adhere to the sleeve. They can be pulled down together to make it easier to put on later, or pulled down separately.
2. Remove your limb from the system. Place the Harmony® System where it can not be easily knocked down or tripped over.



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