



## DESCRIPTION OF PRODUCT

Pair of two ankle restraints for limiting leg movement. **XDcuff®** is designed to be pre-connected to the stretcher for fast restraint deployment in emergencies.

## INDICATIONS

- Uncooperative medical patients whose actions disrupt lifesaving interventions (e.g., preventing IV access, chronic tube pulling).
- Patients whose continuing pulling of supportive equipment prevents monitoring of vital signs and transport

**XDcuff® COMPONENTS** - Use **Ankle Restraints** in conjunction with pre-installed **CSS**. Visit our **YouTube channel (xdcuff)** for helpful instructional videos.



## PRECAUTIONS - *DO NOT use on a patient who...*

- Is or becomes overly aggressive, uncooperative, agitated, or suicidal, UNLESS the patient is continually monitored
- Has a fracture or dislocation of the restrained limb
- Has an IV or injury site located at the wrist

*Always follow your agency's protocols when using limb restraints.*

## ADVERSE REACTIONS

Use of limb restraints can cause patients severe psychological and physical problems. If patient is likely to cause further harm because of the use of restraints, consider contacting medical control for an alternate method.



**WARNING!** *Restrained patients should be continually monitored per agency policy. Improper application or use can result in serious injury or death.*

- **NEVER** alter or repair this product.

- **ALWAYS** inspect the product before each use: Check for broken threads or parts; torn, cut or frayed material; or buckles, or hook-and-loop closures that do not hold securely
- **ALWAYS DISPOSE** products per agency's policy for biohazardous material.

## INSTALLATION

Use in conjunction and after installation of the **Cuff Securement Straps [CSS]**. **XDcuff®** can also be stored and used separate from the stretcher.

## LEFT AND RIGHT ANKLE RESTRAINT POSITIONS

These positions are located on the foot end hitch portion of the stretcher.

1. Loop the stretcher anchor around the upper lift bar and feed the entire restraint back through the formed loop.



2. Wrap both ankle cuffs tightly within the CSS.



For helpful videos, visit our website and watch our video:  
**Secure Installation and Deployment.**



## BEFORE APPLYING THE RESTRAINT

- Make a complete assessment of the patient prior to applying the restraints.
- Use limb restraints only as last resort and after all efforts of calming the patient has failed.
- Never place the patient in the prone position.
- Remove watches and jewelry prior to applying the restraints.
- Restraints must be used in accordance with your agencies policies and protocols.

## CREW SAFETY WARNING

XDcuff® developed limb restraint positions based on ambulance layout, stretcher design and common methods utilized in EMS. Final patient positioning/restraint techniques should be determined by your lead medical authority. **ALWAYS follow your local guidelines and protocols when treating uncooperative patients.**

**NOTE:** It is helpful to crisscross the ankle restraints if time permits (Fig 4).

Utilizing the stretchers leg belt above the knees is also effective in reducing the movement of a person's lower extremities.



## APPLICATION INSTRUCTIONS

Repeat steps for each ankle.

1. When restraint is needed, remove cuff from packaging.

**NOTE:** Ensure there are no twists in the strap prior to applying the restraint. (This step will prevent the strap from binding within the adjustable buckle)



2. Wrap the cuff around the ankle with the Neoprene portion towards the patient's skin. Attach the black hook-and-loop portions first, followed by the green hook-and-loop portions as shown in **Fig 3**.

**NOTE:** Ensure there is one flat finger space between the Neoprene foam and the patient's ankle as to not interfere with circulation. Also ensure at least two inches of connection on all hook-and-loop closures to achieve the full weight rating of 400LB.

3. After securing the cuff pull the opposite end (red loop) which removes the slack. Tie a half-hitch knot above the buckle if time permits and tuck the excess strap underneath mattress.

**Cuff dimensions:** Ankle 14" L X 2 1/2" W (35.5 X 6 cm)

**Cuff circumference:** Ankle 8-13" (20-33 cm)

**Strap length/material:** Ankle 25" (63.5 cm), Nylon

**Buckle:** YKK® heavy duty acetal plastic. 450 LB break strength

**Cuff closure:** Hook-and-loop fastener with Neoprene foam

## WASHING INSTRUCTIONS

This product is machine washable under CDC\* guidelines for materials contaminated with blood or bodily fluid.

- Before washing fasten all buckles and assure hook and loop closures are connected.
- Use a laundry bag to maximize product life.
- For mild contaminated products wipe with alcohol-based wipe.
- If bleach is used, rinse thoroughly before drying. Dispose of restraint if grossly contaminated with blood or other bodily fluids.

\* [www.cdc.gov](http://www.cdc.gov)



## STORAGE

This device can be stored in ambient environments. Avoid excessive moisture or high humidity.

## Storing the restraint

Make sure the cuff is completely dry before storing.