DOCUMENT TYPE	DOCUMENT OWNER	PRODUCT NAME
ManuaL	GJM Tuijthof	3D Footplate
TITLE	RELEASED BY	DATE
3.04.3D Footplate Assembly Manual	GJM Tuijthof	10-09-2025

Document change history

BY	DATE	VERSION	SUMMARY OF CHANGES
E. Masih	03-09-2024	01	Text spelling check, update images
GJM Tuijthof	24-08-2025	01	Added front page, optimized layout, changed telescopic clamp
GJM Tuijthof	10-09-2025	01	Added warnings and part nemes



WARNING: OFF-THE-SHELF COMPONENTS SHOULD RECEIVE A THOROUGH INCOMING

GOODS INSPECTION

WARNING: CUSTOM PARTS REQUIRING LASERCUTTING OR 3D-PRINTING ARE TO BE

MANUFACTURED BY QUALIFIED AND TRAINED PROFESSIONALS

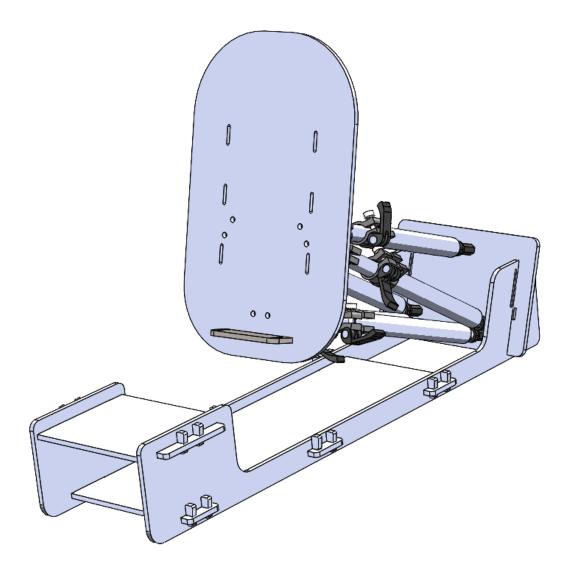
WARNING: THIS PRODUCT IS TO BE ASSEMBLED BY QUALIFIED AND TRAINED

PROFESSIONALS

WARNING: BEFORE TRANSPORT, CLOSE ALL TELESCOPIC CLAMPS

WARNING: DURING TRANSPORT, DO NOT TILT DEVICE

3D Footplate Assembly manual



Check all parts

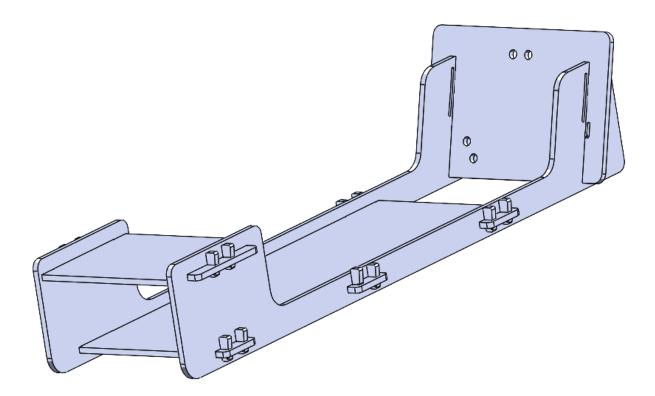
Verify first which parts need to be lasercut and which 3D printed. Manufacture the polypropylene parts (see 3.03.3D Footplate Bill of Materials v1.2 and folder 0302 Technical Drawings) according to 3.04.3D Footplate Lasercutter Settings v1.1. Manufacture the 3D print parts (see 3.03.3D Footplate Bill of Materials v1.2 and folder 0301_3D Models) using a state-of-the-art FDM 3D printer.

Before starting the assembly, verify by visual inspection if all parts are present and if none of them is damaged or broken. Parts that are rather delicate are the levers of the telescopic clamps. In case parts are missing or broken, refrain from further use until all parts are replaced and visually verified for proper functionality.

PART 1 **Assembly Ground plate**

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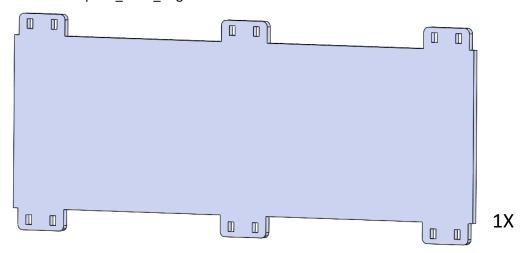
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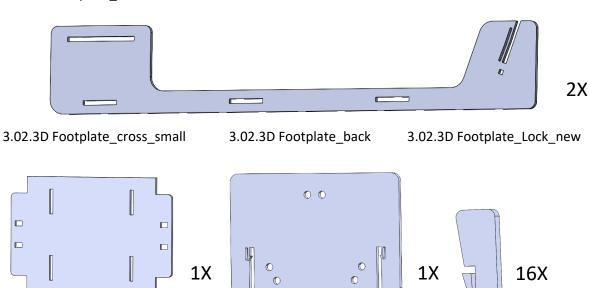
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Parts Ground plate

3.02.3D Footplate_cross_large



3.02.3D Footplate_Side

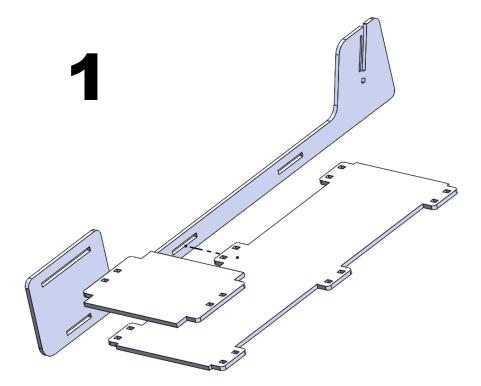


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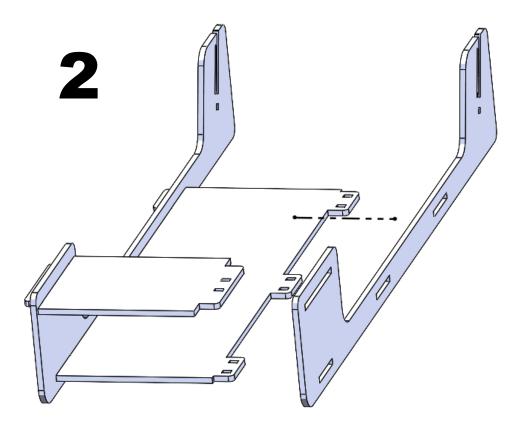


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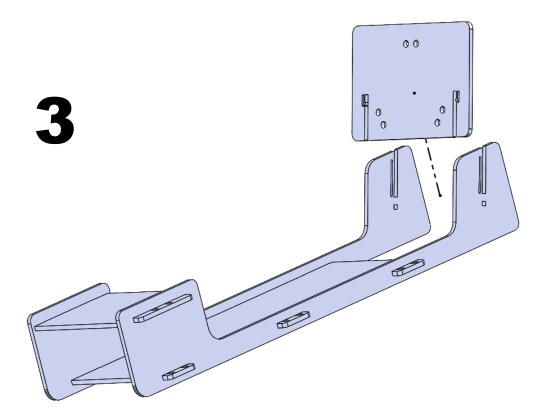


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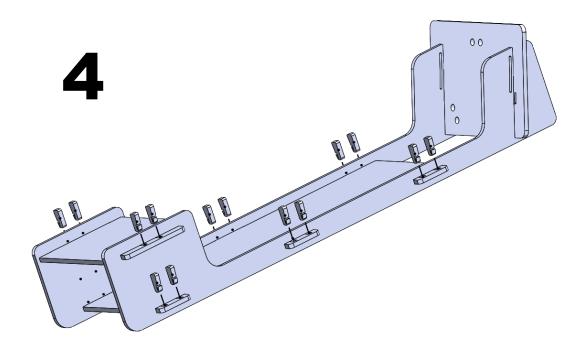
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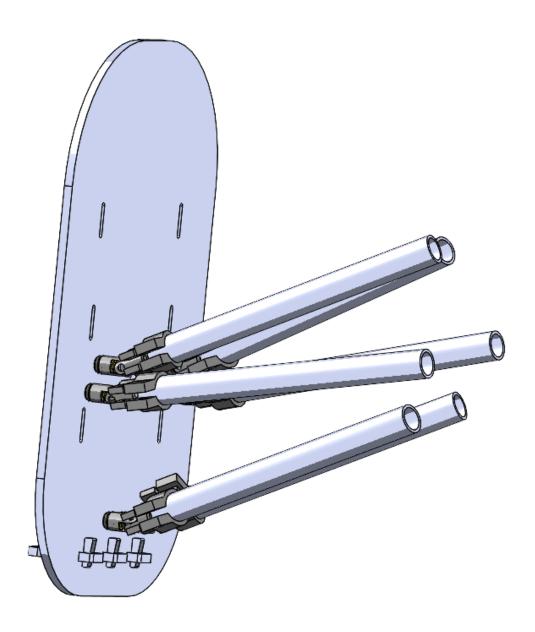
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PART 2 Assembly Foot plate

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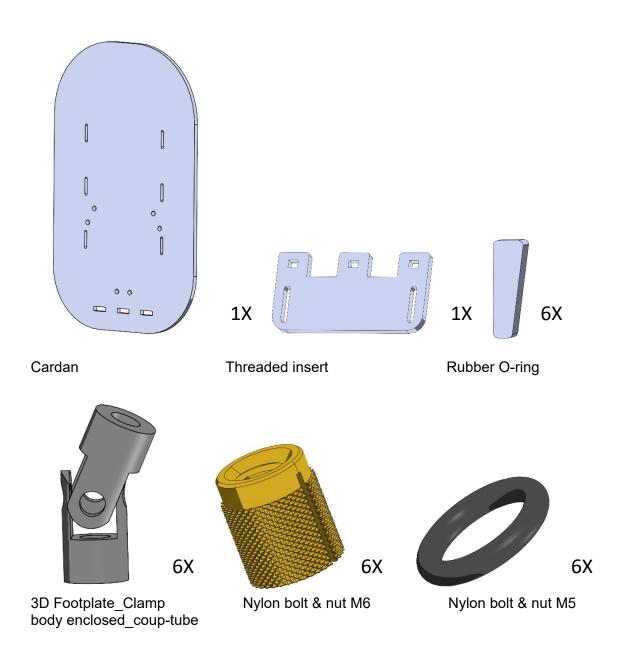
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Parts Foot plate

3.02.3D Footplate_Footplate

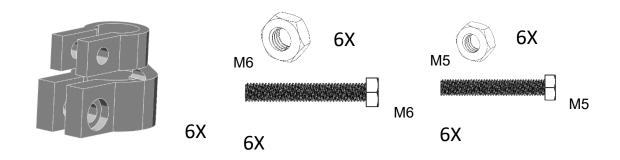
3.02.3D Footplate_Heel Support

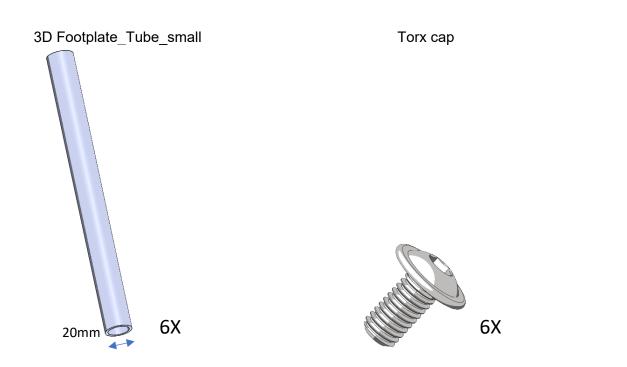
3.02.3D Footplate_Heel lock



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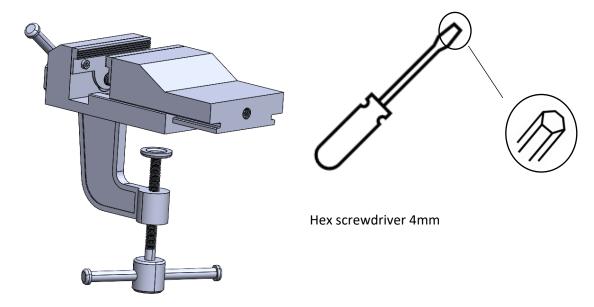


Required Equipment

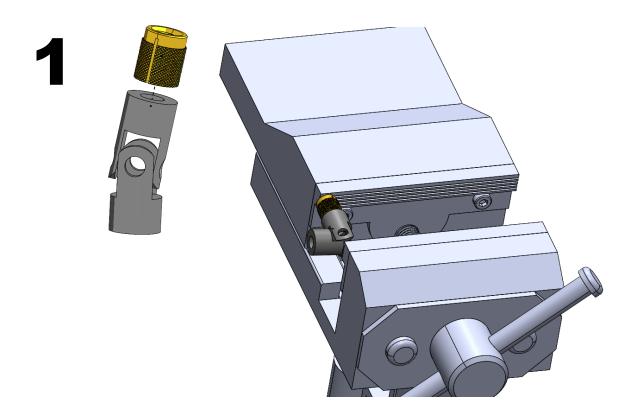
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Bench vise



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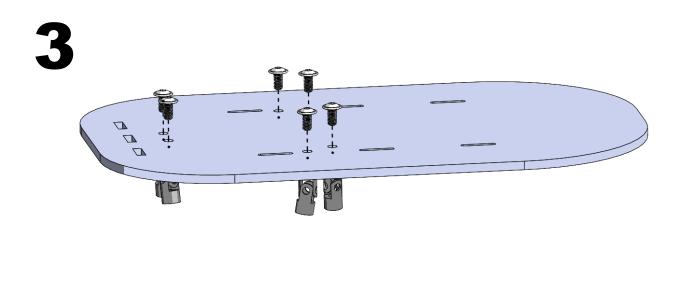
Use a bench vise to press the insert into the cardan as displayed in the figure above. Press until experiencing resistance.

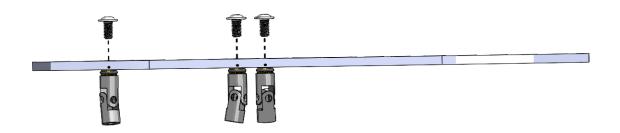




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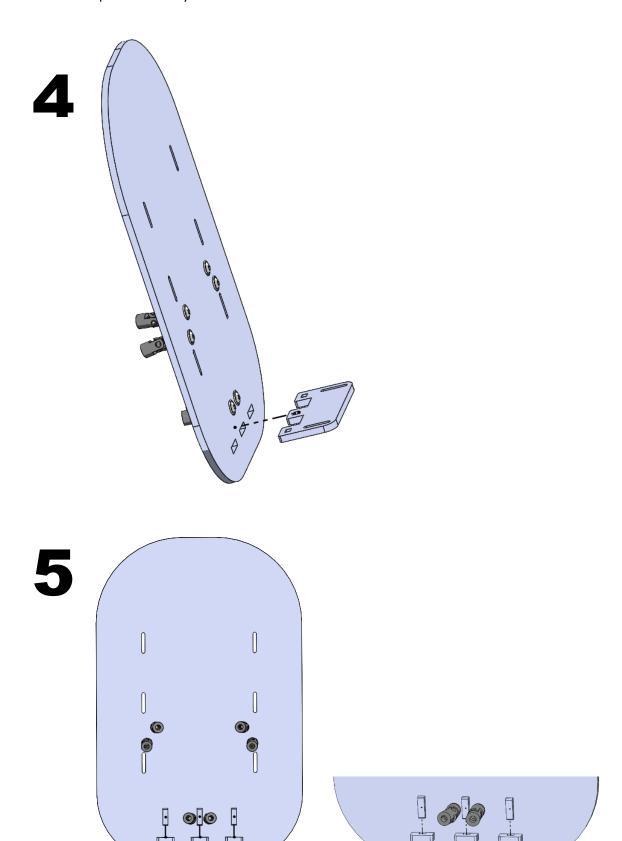
Note: When experiencing difficulty with screwing in, use a bench vice to hold the cardans.

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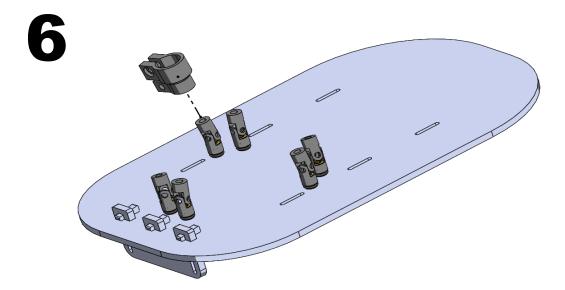
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Slide the clamp over the cardan. Use M5 Nylon screws and nuts to tighten the side of the clamp closest to the plate.



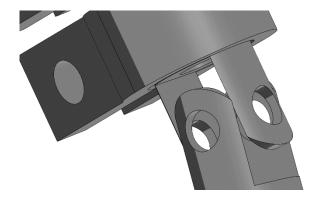
WARNING

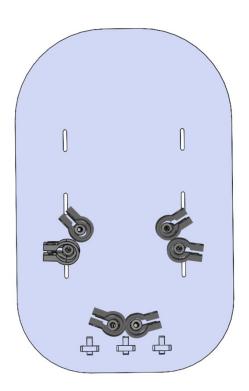
Ensure that the edge of the clamp and edge of the cardan align in the following way:

Position the clamps before tightening, in the following way:

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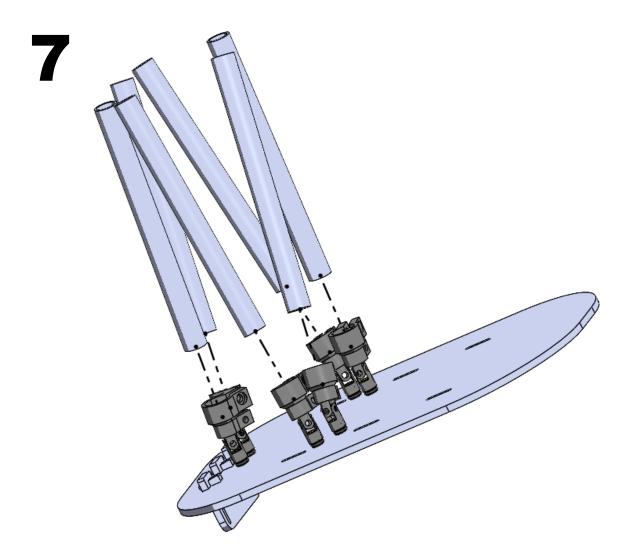
3.04.3D Footplate Assembly Manual





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Use M6 Nylon screws and nuts to tighten the side of the clamp closest to the rod.

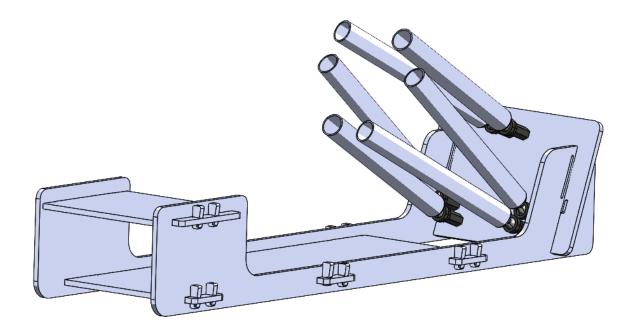
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PART 3 Assembly Ball-in-socket joints

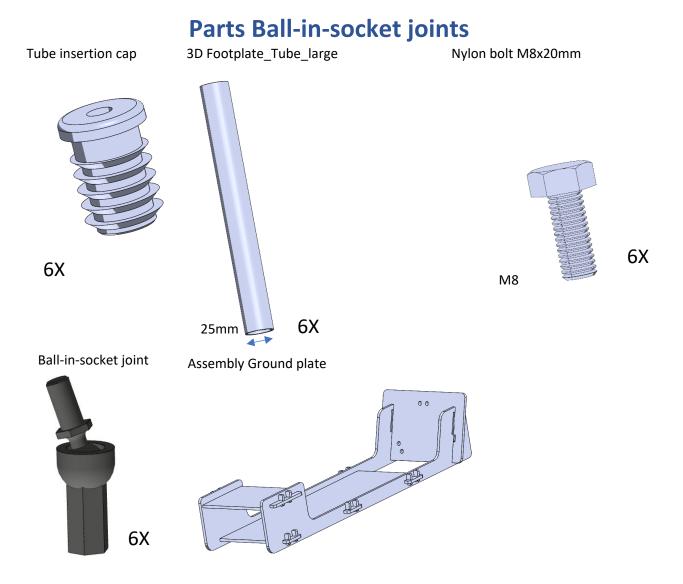


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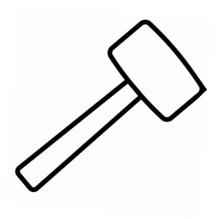


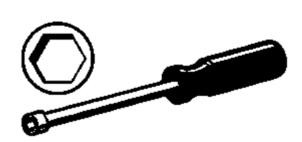
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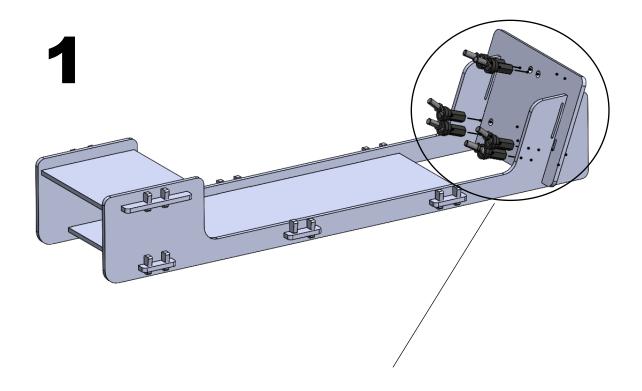
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Nylon hammer

External hex screwdriver M8

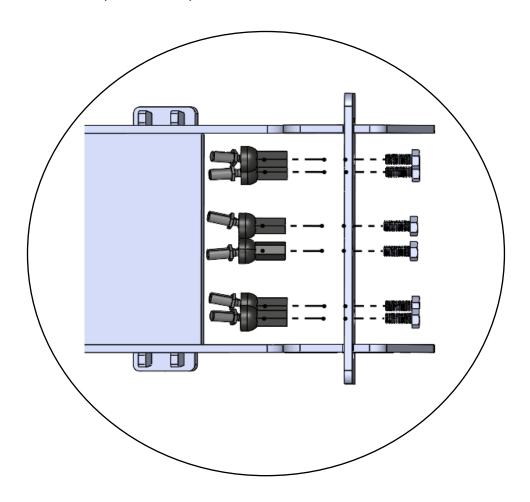


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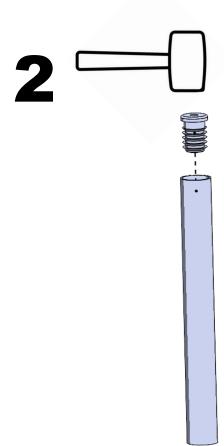
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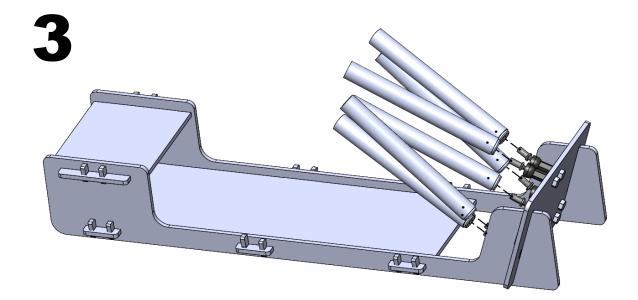


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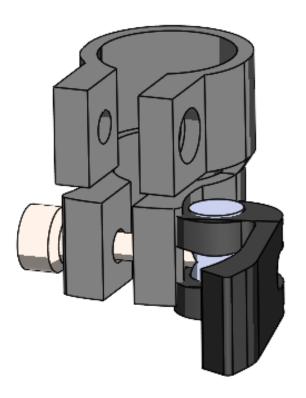
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Part 4 Assembly Telescopic clamp



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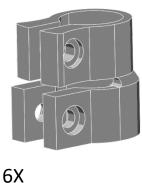
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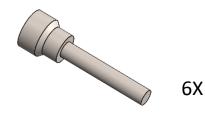
Parts Telescopic clamp

3D Footplate_Clamp_body

Bolt with a cross nut

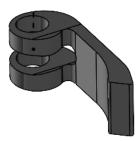






6X

3D Footplate_Clamp lever

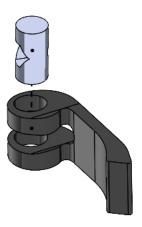


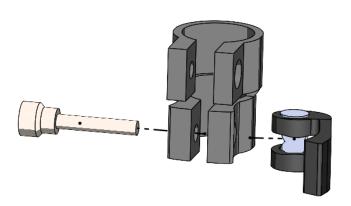
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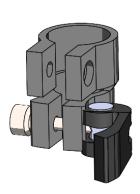
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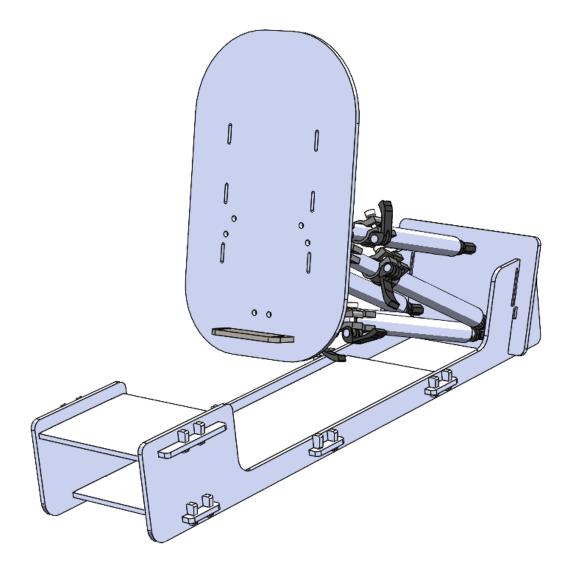






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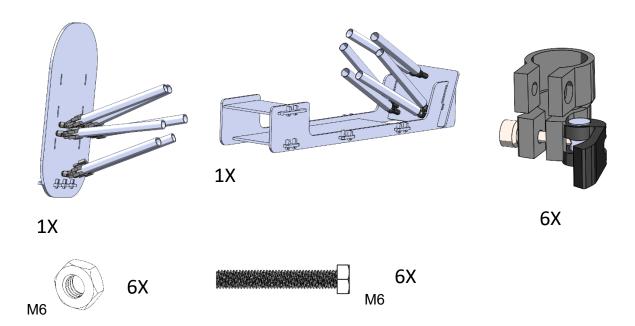
Part 4 **Assemble ALL together**



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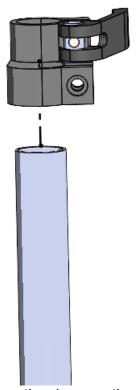
Assemblies



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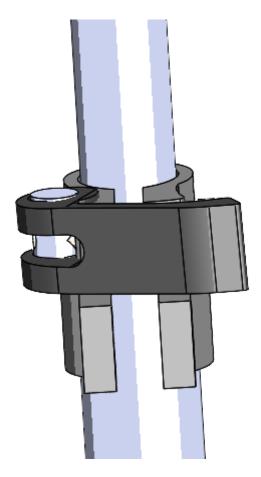
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Place the clamp on the thick rod. Tighten the lower part of the clamp with an M6 Nylon bolt and nut. Repeat for the remaining thick rods.

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CALIBRATION: Close the clamp with the lever as depicted above. Tighten the screw until it is not possible to move the inner rod anymore. Repeat for all other telescopic tube assemblies.

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Part 5 Final steps

- Add anti-slip tape where the ground plate assembly touches the surface
- Add anti-slip tape on the heel support
- Add Velcro tape on the backside of the foot plate assembly and underneath where the calve rests on the device
- Pass Velcro straps through the foot plate assembly and calve rest slits
- Add screw caps to the M6 bolts on the foot plate assembly