

10-Step Lithotomy Stirrup Setup Guide

Kyra 350 series stirrups: BMI up to 29 or not to exceed the stirrups' patient rated weight capacity

Kyra 500 and 800 series: BMI greater than 29 or not to exceed the stirrups' patient rated weight capacity.

- 1 Position the patient on the operating room table according to the requirements of the surgeon.
- 2 Position the blade clamp adjacent to the patient's hip. The stirrups are labeled L for Left and R for Right. The lateral fin of each boot should be positioned on the lateral side of the patient's leg. Tighten the blade clamp knob.
- 3 The ball joint in the stirrup should be positioned adjacent to the patient's greater trochanter.
- 4 Pre-position the stirrup boots. Loosen the boot clamping mechanism and slide the boot along the rod until the top (calf portion) of the boot is at the patient's mid-calf. Tighten the boot clamping mechanism.
- 5 Safe lithotomy positioning requires at least two staff members. Each staff member will simultaneously place the patient's legs into a stirrup. Grasp the heel in one hand and place the other hand under the patient's knee. Gently flex the patient's knee while supporting the leg with both hands. Transfer both legs simultaneously into the stirrup boots.
- 6 Check that the patient's heels are in the heel section of the boot end and securely in place. The leg should be centered in the boot to eliminate pressure on the tissue and nerves. It is important that each patient's legs are fitted into the boot w/pad and inspected to ensure that no excess pressure is placed on the fascia or boney protrusions.

Proper initial leg flexion includes the following safe guidelines:
 - » When using Low Lithotomy, do not hyper-extend the leg while achieving abduction.
 - » When using Medium or High Lithotomy, use minimal amounts of leg flexion/ abduction initially, as these will increase as the legs are moved into higher positions.
 - » When changing flexion, support the heel with one hand and loosen the boot clamping mechanism with the other. Use both hands to support and adjust the boot to the desired position. Tighten boot clamping mechanism.
- 8 Ensure that the ankle, knee, and opposite shoulder are in alignment during positioning. Typically, the foot and thigh are abducted at the same angle. See diagram. 
- 9 Perform a final check to confirm the patient's heels are properly seated in boot and there are no pressure points on the calf.
- 10 Close the boot pad and secure the straps.

