

## AN 'OFF-THE-SHELF' AFO WITH 'CUSTOM-MADE' FUNCTIONALITY

### Concept

The Step-On Family of products is a range of innovative ankle-foot-orthoses (AFOs) for the treatment of drop foot. The unique feature of these AFOs is that they are articulated and offer adjustable dorsiflexion assistance, while being off-the-shelf products.

This way, they allow essential functional movements during the gait cycle, while at the same time providing the exact amount of control required by each patient, at every stage of their rehabilitation programme.

### Features

The Step-On AFOs are extremely lightweight and incorporate unilateral or bilateral spring-loaded hinges. These allow a range of movement (ROM), between 22° dorsiflexion and 11° plantarflexion. The AFO's provide both dorsiflexion for foot clearance during swing phase, and controlled plantarflexion for stability during loading response.

The adjustable dorsiflexion assistance allows precise adjustment according to the patient's body weight, muscle tone of the plantarflexor muscles, active control of the dorsiflexors, usual walking speed, etc., ensuring optimal gait biomechanics.

### Indications

Drop foot caused by paresis or paralysis due to:

- Stroke
- Multiple sclerosis
- Cerebral palsy
- Spinal cord injury
- Head injury
- Peripheral nerve injuries
- Neuropathies
- Muscular dystrophies
- Spinal muscular atrophy
- Motor neuron disease
- Poliomyelitis

### Contraindications

- Skin lesions/ infections
- Lymphoedema
- Loss of sensation
- History of deep venous thrombosis of the lower limb
- Ankle-foot contractures
- Excessive or gross knee hyperextension, as the AFO will struggle to prevent this

The dorsiflexion assistance is adjusted easily with an Allen key that increases or decreases the spring tension within the hinge.

The tibial shell is covered with a lining, which can be removed and cleaned with a damp cloth, and then allowed to dry at room temperature. All hook and loop straps are sufficiently long, and can be cut to the appropriate length during fitting. Furthermore, the straps are fitted with foam pads, ensuring comfort and enhancing skin integrity. The Step-On AFOs come fitted as standard with ¾ length foot plates (although they can be fitted with full-length foot plates optionally). They can be combined with foot orthoses (insoles). Both the tibial shell and foot plate are made of high-quality polypropylene. They can be easily formed to shape using mild heat treatment, and they can be trimmed back by the clinician.

The hinges are protected by a neoprene sleeve, in order to avoid contamination with debris during daily use. Furthermore, the hinge system can be fully disassembled for cleaning and servicing, while a full list of spare parts is provided, to ensure a prolonged lifetime for all Step-On AFOs.

**Adjustable dorsiflexion assistance.**  
All Step-On orthoses feature the adjustable tension system that fine tunes the orthosis to each user



## STEP-ON 100 LATERAL HINGE (LH)

### Indications

- Suitable for most cases of drop-foot

### Features

- Unilateral hinge on the lateral side
- Can fit easily in normal shoes
- Weighs only 290g
- 2 sizes



SIZE	S - M	L - XL
Code (Right)	100 / LH / RT / S - M	100 / LH / RT / L - XL
Code (Left)	100 / LH / LT / S - M	100 / LH / LT / L - XL
Shoe size (European)	35 - 40	41 - 46
Shoe size (UK)	2.5 - 7	7.5 - 11
Max weight	100 Kg	100 Kg

\* It is also possible to purchase spare liners, pads and straps.

## STEP-ON 100 MEDIAL HINGE (MH)

### Indications

- Suitable for patients with uncorrectable varus and prominent lateral malleolus

### Features

- Unilateral hinge on the medial side
- Can fit easily in normal shoes
- Weighs only 290g
- 2 sizes



SIZE	S - M	L - XL
Code (Right)	100 / MH / RT / S - M	100 / MH / RT / L - XL
Code (Left)	100 / MH / LT / S - M	100 / MH / LT / L - XL
Shoe size (European)	35 - 40	41 - 46
Shoe size (UK)	2.5 - 7	7.5 - 11
Max weight	100 Kg	100 Kg

\* It is also possible to purchase spare liners, pads and straps.