

Patient Instructions



STEP-ON Active Dynamic AFO

The Step-On braces

The Step-On family of braces

The Step-On family of products is a range of innovative ankle-foot-orthoses (AFOs) for the treatment of drop foot. They are made of thermoplastic material and incorporate a foot dorsiflexion spring mechanism that assists the upwards movement of the foot. They also allow a high range of movement (ROM), in order to maximise function during activities of daily living (ADLs), such as sitting to standing, climbing stairs, walking on gentle slopes, etc..

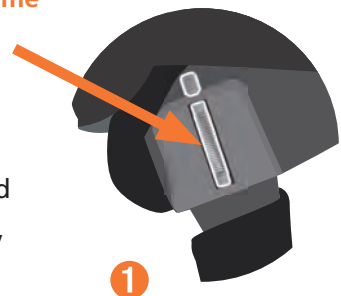
You have been offered this brace following an assessment and fitting by a qualified Clinician. You should only use your brace according to your Clinician's recommendations. Acceptance and adherence to those instructions is important in order to ensure your safety, to obtain optimal benefits from your brace and to minimise the wear and tear of the product.

The spring

- The hinge mechanism of your Step-On AFO includes a Spring ①
- The Spring creates the active dynamic force within your brace.
- For your Step-On to work, the Spring must be fully functional.

The Spring is a moving part incurring daily wear and tear, meaning that at some point in time it will have to be replaced.

- Its lifetime is dependent on the activity levels and weight of the user.
- Increased compression of the Spring, indicated as necessary by your clinician to optimise gait, may also reduce its lifetime.

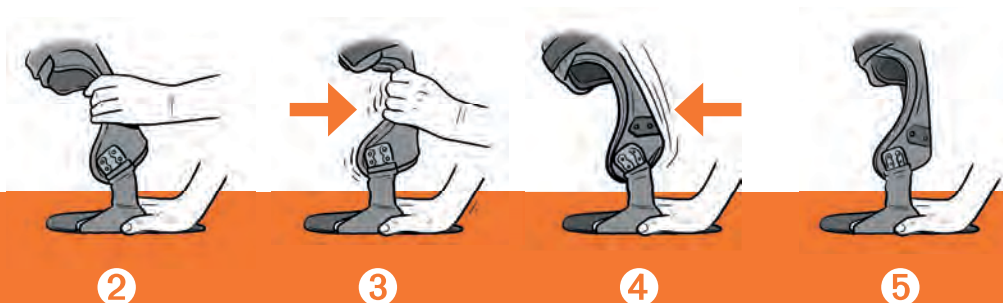


Daily check

The manufacturer recommends that you check the functionality of your Step-On AFO every day.

Checking the functionality of your Step-On AFO

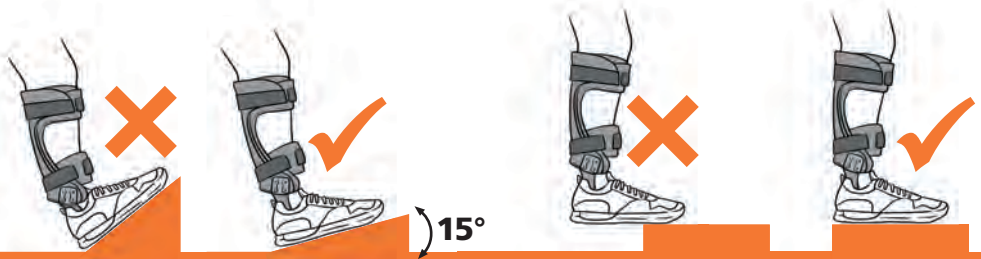
- Place your Step-On AFO onto a flat surface (table, floor, etc.) ②
- Stabilise the brace and then pull back on the section that surrounds your calf. ③
- Whilst keeping the brace stable at its base, release the calf section. ④
- If the calf section returns with force to its original position, then your brace is functional and ready for use.
- If the calf section does not return with any degree of force to its original position, then the Spring may be damaged and you should stop using your Step-On AFO. ⑤



Proper usage

Proper usage and prohibited actions

- Your Step-On AFO should not be used for any purpose other than walking. You should not take part in athletic activities, such as running, jumping etc. and you should not drive whilst using this brace.
- The Step-On is designed to allow enough movement to enable users to participate in activities of daily living like climbing stairs and managing gentle slopes. It is suitable to be used on gradients of up to 15°. **6**
- Make sure you place your whole foot on the step/stair when climbing **7** and avoid excessive bending of your foot such as squatting or leaning backwards. **8**



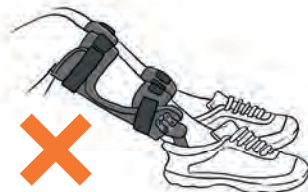
6 Avoid steep slopes...
Maximum gradient 15°

7 Do not put your weight on the toe...
Support your weight on the whole foot



Do not squat down in the brace...

8



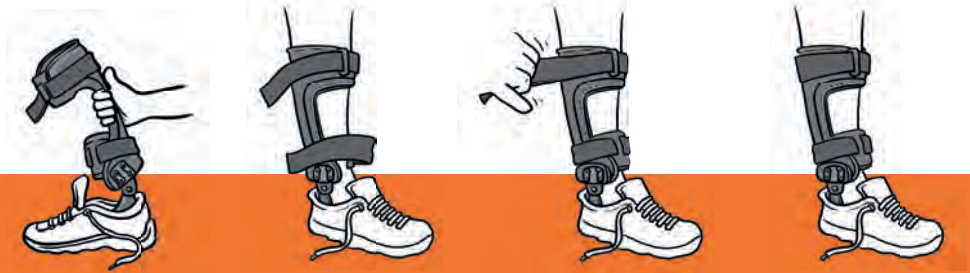
...or lean backwards

Putting on and taking off your brace

Putting on Step-On AFOs with a single hinge (100MH / 100LH)

It's usually easier to put the brace in the shoe first, before putting your foot in.

- Put the brace in the shoe.
- Slide your foot into the shoe and secure the top and bottom strap.



Putting on Step-On AFOs with a dual hinge (200DH)

The dual hinge Step-On is bulkier than the single hinge models, so it's usually easier to put it on your leg first, before putting the shoe on.

- Put your foot in the brace and secure the top and bottom strap.
- Slide your foot and brace into the shoe (use a shoe horn if necessary).



Taking your brace off

Simply carry out the instructions to put your brace on, in reverse order.

Care

Cleaning your AFO

The inside lining of the product can be removed and cleaned with a damp cloth (max water temp: 40°C), and then allowed to dry at room temperature. It is advised that all internal parts coming in contact with the skin are cleaned before use.

Side effects

If you encounter any unexpected skin changes/signs of infection, you should immediately stop using the AFO and contact your referring Clinician. When fastening the straps of the AFO it is important to make sure that the straps are not fastened too tight, to avoid compression of blood vessels or nerves.

Caution!

- The usage of this AFO does not guarantee that the user will not fall, while standing and/or walking. The user should always take into account his/ her impairment and the limitations of the product.
- In order to prevent fall and injury during standing and walking with the product, the user should always use any walking aids and/or support by other people, as appropriate.
- Prior to fitting, the AFO should be checked for proper functioning and absence of signs of wear or defect.
- In the event that any strap, hook-and-loop strip or other part of the AFO is damaged, the product should no longer be used.
- No inappropriate changes or modifications should be made to the product.
- The product should not come in contact with oily or acidic lotion or ointment products.
- Contact of the product with liquids must be avoided in order to prevent damage of the metal hinge.
- The product must not be exposed to the sun or to heat emitting sources, such as heating radiators.

Warnings

If you are concerned your Step-On is not functioning appropriately.

- Stop wearing the brace.
- Immediately contact your clinician (Orthotist, Orthopaedic Technician).
- They will advise if they need to review the product and replace the Spring, or allow you to carry out this exchange with the spare Spring provided with the product.
- * **Please Note:** You must stop using the brace if you are concerned that it is not functioning appropriately, as continuing to use the product is against the warranty and likely to damage the product further.

Warranty

- The manufacturer will provide a two-year durability warranty for the metal hinge of your Step-On AFO.
- If your Step-On AFO is properly used, this guarantees that the brace will function without fault.
- There is no warranty for the liners, padding and straps, which are liable to a certain amount of wear and tear. This kind of wear and tear does not represent a product defect.
- All parts of your Step-On AFO are replaceable.
- This manufacturer's warranty is subject to the condition that the brace is used as a medical rehabilitation device and for no other purpose than that described in the instructions for use.
- Alterations to the brace will invalidate the warranty.

Liability

The manufacturer hereby recommends the appropriate use and care of the AFO according to the instruction manual. Please read the instructions carefully before using the AFO. Keep the instructions for possible future reference.

STEP-ON

Indications for waste disposal

Please dispose of any packaging materials and worn parts of the AFO in an environmentally friendly way, by following local recycling guidelines and regulations.



Made in Greece

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