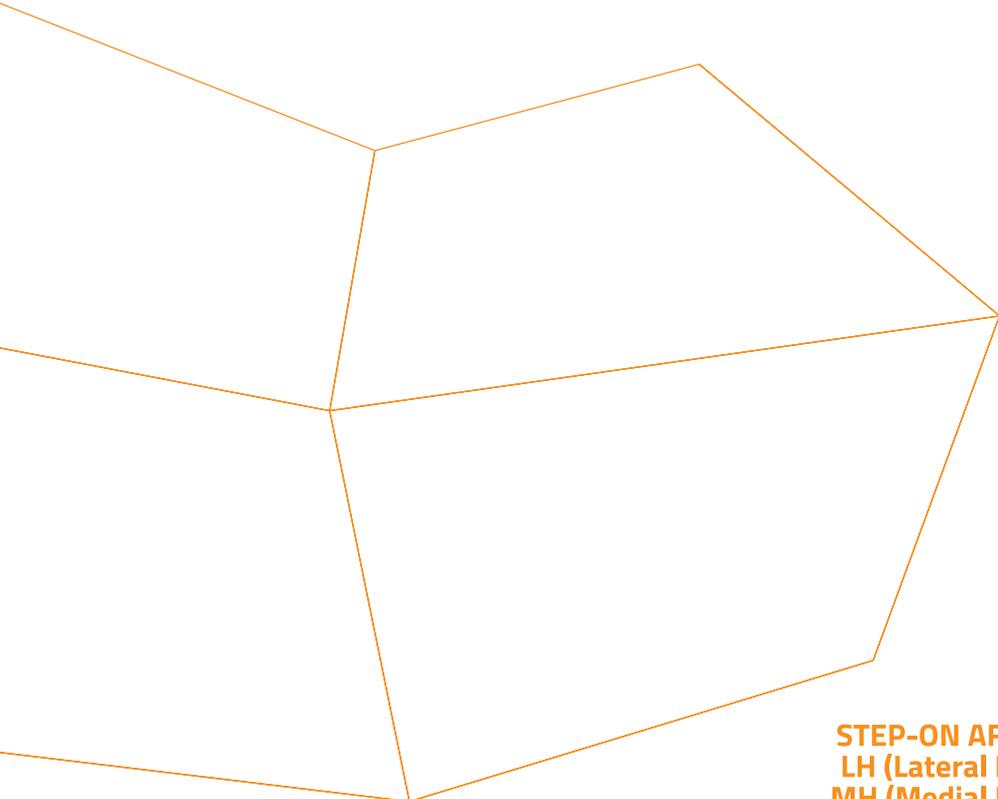




# STEP-ON

Daily Activity

**AN IN-SHOE ANKLE FOOT ORTHOSIS  
FOR THE TREATMENT OF EQUINUS (DROP FOOT)  
WITH A FOOT DORSIFLEXION SPRING MECHANISM**



**STEP-ON AFO 100**  
LH (Lateral Hinge)  
MH (Medial Hinge)

**STEP-ON AFO 200**  
DH (Dual Hinge)



# STEP-ON

Daily Activity



**STEP-ON AFO 100  
MH (Medial Hinge)**



**STEP-ON AFO 100  
LH (Lateral Hinge)**

## 4 STEP-ON AFO 100

STEP-ON® AFO 100 LH (Lateral Hinge) & STEP-ON® AFO 100 MH (Medial Hinge) are dynamic in-shoe Ankle-Foot Orthoses (AFO) made of thermoplastic material, with foot dorsiflexion spring mechanism. The STEP-ON® AFO 100 LH comprises a lateral hinge joint with a spring elevation mechanism at the level of the ankle in the lateral malleolus, that provides foot dorsiflexion while walking. The STEP-ON® AFO 100 MH comprises a medial hinge joint with a spring elevation mechanism at the level of the ankle in the medial malleolus, that provides foot dorsiflexion while walking. STEP-ON® AFO 100 LH & STEP-ON® AFO 100 MH are used to assist individuals with drop foot symptoms enabling a COMPLETE GAIT CYCLE.

- It is lightweight and functional.
- Simple strap with hook-and-loop strip allows fastening the orthosis to the calf with just one hand.

### STANCE PHASE FUNCTION



A. Initial contact    B. Mid stance    C. Terminal stance

### INDICATIONS

The STEP-ON® AFO 100 LH & STEP-ON® AFO 100 MH are indicated for drop foot caused by paresis or paralysis due to:

- a) stroke, b) cerebral palsy, c) spinal cord injuries,
- d) multiple sclerosis, e) myopathy-myasthenia gravis
- f) peripheral nerve lesions.

### CAUTION!

To obtain and use this product, a prescription or recommendation of the attending doctor is always required. The AFO must be used according to prescription. Acceptance and adherence to instructions is important for obtaining benefits of the AFO. Consequently following the recommendations for the correct use of the AFO is mandatory. The daily duration of use and the overall period of treatment are determined by the attending doctor. Primarily, the AFO must always be fitted by a specialist, who should indicate to the user the proper fitting and proper function of the product.

### SIDE EFFECTS

If the user encounters any unexpected skin changes/ signs of infection, he / she should immediately stop using the AFO and contact his / her doctor.

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.

### PRECAUTION

The clinician should take extra care when fitting to a diabetic patient with potential of peripheral neuropathy, due to the insensate skin and the risk this creates.

### CONTRAINDICATIONS

- Skin injuries / skin diseases or irritation of skin.
- Keloids with edema, redness and elevated temperature.
- Lymphatic obstruction (lymph edema) including non-diagnosed edema of soft tissues distally to the straps and closures.
- Sensitivity problems of the tibia/foot.
- History of deep venous thrombosis in lower limb.
- Ankle-foot fixed contractures.
- Excessive or gross knee hyperextension, as the AFO will struggle to prevent this.

# FITTING INSTRUCTIONS

## STEP01/FITTING

In order to ensure proper fitting of the STEP-ON® AFO 100 LH & STEP-ON® AFO 100 MH, the user's knee should initially be flexed at almost 90 degrees. This can be accomplished with the user in a sitting position. The user's heel and tibia must be aligned correctly within the plantar and tibial shell respectively, for the AFO to be securely fitted.

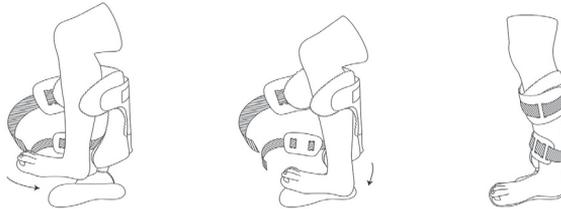
## STEP02/FASTEN THE LOWER STRAP

- A. STEP-ON® AFO 100 LH & STEP-ON® AFO 100 MH are provided with a hook-and-loop strip applied on the posterior surface, at the upper part of the tibial shell (V1).
- B. STEP-ON® AFO 100 LH & STEP-ON® AFO 100 MH are provided with a hook-and-loop strip applied on the posterior surface, at the lower part of the tibial shell (V2).
- C. Fasten tightly using either edge of the hook-and-loop strip (V2). The strap can be fastened either clockwise or counterclockwise, depending on user's convenience.

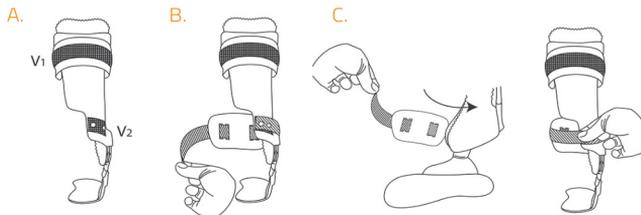
The strap is sufficiently long, thereby allowing appropriate length adjustment during fitting.

The strap is provided with a small soft pad, which can also be cut to size.

### 01/



### 02/

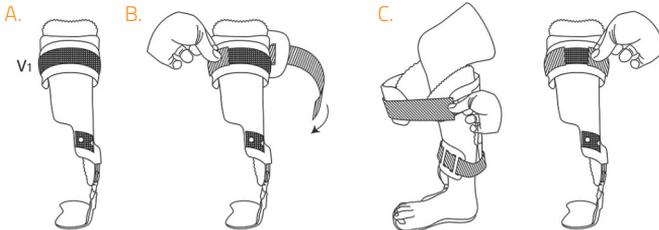


## STEP03/FASTEN THE UPPER STRAP

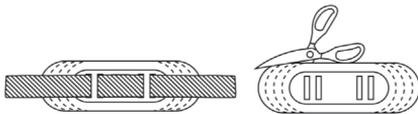
- A. There is a hook-and-loop strip applied on the posterior surface, at the upper part of the tibial shell (V1) of the STEP-ON® AFO 100.
- B. Attach one edge of the strap onto one side of hook-and-loop strip (V1) covering half the length thereof.
- C. Fasten tightly and attach the other edge of the strap onto the remaining half length of hook-and-loop strip (V1).
- D. The strap is provided with a small soft pad, which can also be cut to size.

The strap can be fastened either clockwise or counterclockwise, depending on user's convenience. The strap provided is sufficiently long to allow proper length adjustment during fitting.

### 03/



D.



## STEP 04 / PUT THE ORTHOSIS IN YOUR SHOE

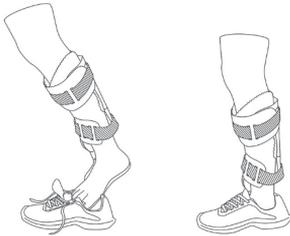
The sole plate of the AFO is made of thermoplastic material that covers  $\frac{3}{4}$  of the sole of the shoe, so that it may fit within the user's shoe. The appropriate footwear (athletic shoes are recommended) provides increased support.

### FOOT MOVEMENT ADJUSTMENTS

The applicable rate of foot dorsiflexion assistance can be adjusted by means of an allen key (which is included in the packaging).

1. The allen key is placed into the hole and when turned in a clockwise direction the foot dorsiflexion assistance is increased thereby enhancing dorsiflexion of the foot. Conversely, turning the allen key in a counterclockwise direction results in the foot dorsiflexion assistance being decreased thereby reducing dorsiflexion of the foot.

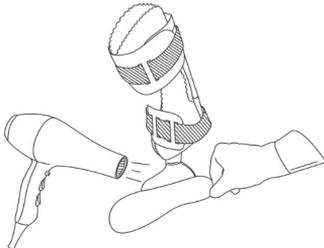
04 /



1.



A.



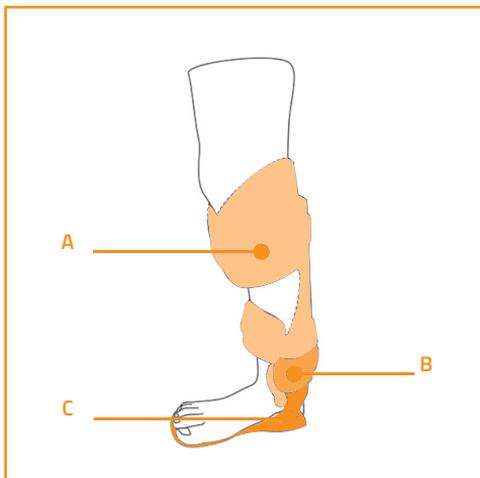
### ADJUSTMENT BY THE ORTHOTIST

- A. Primarily, the AFO must always be fitted by a specialist, who should indicate to the user the proper fitting and proper function of the product. It is made of thermoplastic material, so that it may be handily formed through mild heat treatment by the orthopaedic - technician to suit specific customer requirements. If any trimming is required, appropriate finishing of the edges is strongly recommended. A special shoe insole can be placed when deemed necessary. Adding a shoe insole or foot orthosis, does not affect the function of the AFO.

# CARE & MAINTENANCE

## DISASSEMBLE & REASSEMBLE

The orthosis is modular for all parts (A. Tibial shell, B. Hinge system, C. Plantar shell) to be maintained and replaced.



### A. TIBIAL SHELL

The tibial shell consists of :

- **INSIDE LINING**

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.

- **STRAPS**

The straps provided are sufficiently long, to be cut to the appropriate length during fitting.

- **FOAM PADS**

The foam pads provided are sufficiently large, with trim lines on them, to be cut to the appropriate size during fitting.

- **HOOK-AND-LOOP STRIP**

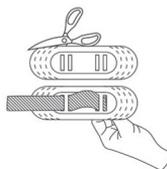
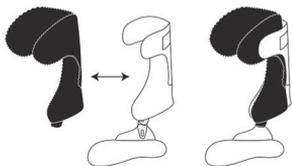
The straps are attached to the AFO through the hook-and-loop strips.

- **TIBIAL SHELL – THERMOPLASTIC**

The hinge system connects the tibial shell with the plantar shell. At the tibial shell there are 4 screws, which connect the tibial shell with the hinge system. By unscrewing the screws, the thermoplastic tibial shell can be removed.

All internal parts coming in contact with skin are advised to be washed-cleaned before use.

**A/**

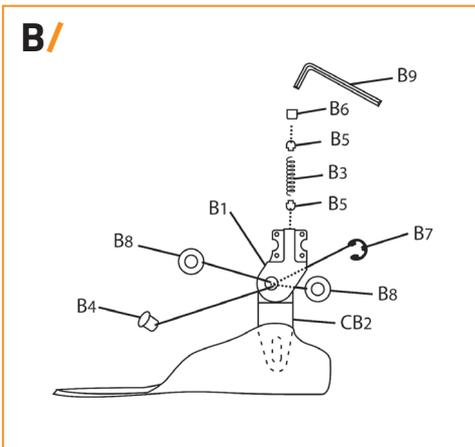


## B. HINGE SYSTEM

The AFO has passive static ROM, with no spring assistance, 22° dorsiflexion to 11° plantarflexion. Actual ROM during use can vary, depending on spring assistance, patient's weight, spasticity, walking speed, and other factors.

The hinge system consists of :

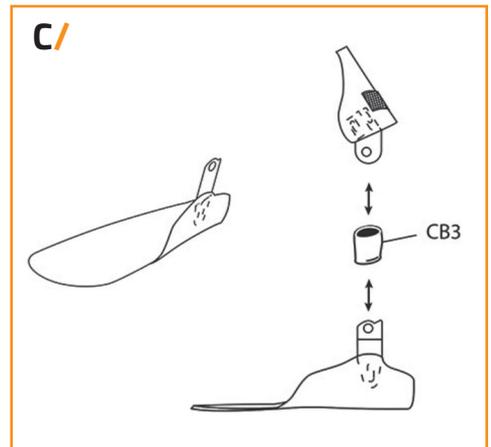
- B1. Metallic upper part of joint
- CB2. Metallic strip (embedded within the plantar shell)
- B3. Lubricated spring
- B4. Central axis
- B5. Plastic coverings of spring
- B6. Allen bolt
- B7. Circlip
- B8. Washers:  
B8a. one piece outer,  
B8b. one piece inner
- B9. Allen key (included in the package)



## C. PLANTAR SHELL – THERMOPLASTIC

The plantar shell ( C ) covers  $\frac{3}{4}$  of the sole, in order to comfortably place the AFO inside the shoe. A full length footplate is an optional custom order. It has metallic strips (CB2), which are embedded within the plantar shell. The metallic strips are covered by textile coverings (CB3) in order to protect the hinge from debris.

The hinge system (B) connects the plantar shell with the tibial one (A). The central axis(B4) connects the plantar shell (C) with the hinge system (B) and is stabilized at the hinge system by the circlip (B7).

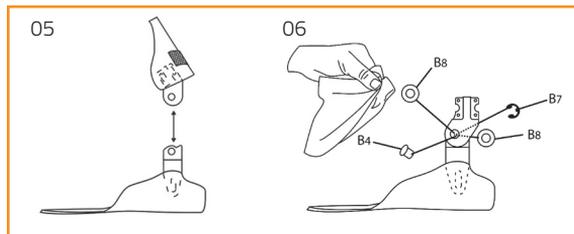
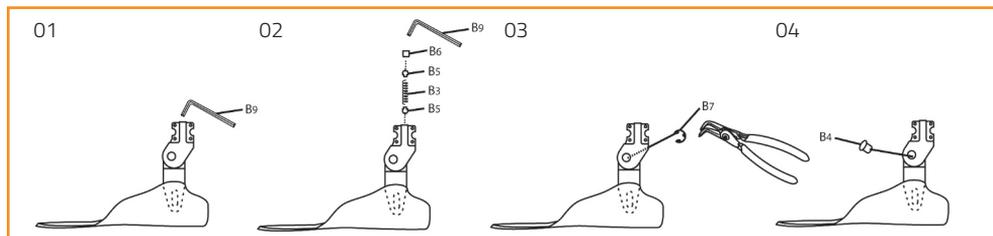


## SERVICE & MAINTENANCE OF ARTICULATION HINGE SYSTEM

To ensure extended function of the STEP-ON® AFO 100 LH & STEP-ON® AFO100 MH:

A full service and maintenance of the hinged articulation should be done 1 to 3 times per year, depending on usage.

01. Unscrew the allen bolt (B6), with the allen key provided (B9).
02. Remove the allen bolt (B6).
03. Remove the spring (B3) and the plastic coverings of the spring (B5).  
**Note:** In case the spring will be observed it is damaged, it must be replaced by a new lubricated spring (An extra spring is included in each package of the product).
04. Remove the circlip (B7).
05. Remove the Central axis (B4).
06. Clean all the individual components.
07. Reassemble the brace.



## PACKAGING CONTENTS

1. STEP-ON AFO 100 LH, or STEP-ON AFO 100 MH.
2. Instruction Manual.
3. Patient Information leaflet.
4. Extra package that includes:
  - Allen Key
  - Extra Allen bolt
  - Extra spring that is lubricated

are only to be used by an orthotist,  
or an orthopaedic technician.

**LABEL WITH THE INDICATION**  
**"This is only to be used by an orthotist,  
 or an orthopaedic technician"**  
**IS ATTACHED ON THIS EXTRA PACKAGE.**

## INDICATIONS FOR WASTE DISPOSAL

Dispose packaging and product in an environmentally friendly way. The waste disposal should follow the recycling principles. Dispose the product of through the local waste authorities or at an approved waste disposal point.

Observe local regulations.



≤115Kg



≤42,5cm



STEP-ON AFO 100	S-M	L-XL
<b>Shoe size (European)</b>	35 - 40	41 - 45
<b>Shoe size (UK)</b>	2.5 - 7	7.5 - 11
<b>Max weight</b>	115 Kg	115 Kg
<b>Max tibia circumference</b>	42.5 cm	42.5 cm

## 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.

## CE CONFORMITY

The product is CE marked in accordance with EU Directive 93/42/E.U. Council of the 14th June 1993 relating to medical technological products and has been registered with the manufacturers of medical devices of the National Organization for Medicines.

**LABEL WITH THE INDICATION**  
**"Please read carefully the instruction manual  
 before using the ankle-foot orthosis"**  
**IS ATTACHED ON THE PACKAGE OF THE PRODUCT.**

## CAUTION!

- Prior to fitting, the AFO should be checked for proper functioning and absence of signs of wear or defect. The product should only be used in perfect condition.
- In the event that any strap, hook-and-loop strip or other part of the AFO is damaged, the orthosis should no longer be used.
- Check the functionality of your STEP-ON AFO, as described at the Patient Information leaflet that you received, every day.
- In the event of wear or failure of the hinge's spring/s, immediate stop of usage of AFO and replacement of both the springs is strongly recommended. Otherwise, the product can break during its use at any point of the ankle joint or the tibial shell or the plantar shell.
- 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.
- The product has been designed to be used by patients:
  - with a maximum weight of up to 100Kg
  - with a maximum height of 185cm.
  - with a tibia circumference less than 42,5 cm

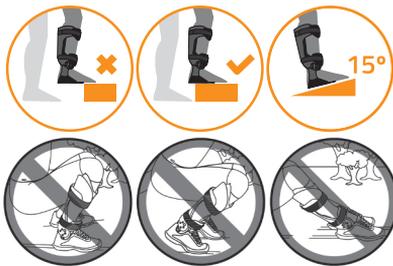
In order to prevent fall and injury, during standing and walking with the product the user should always be supported by a specialized attendant or in a totally secure environment.

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 as well as the potential damage of the product due to applied loads during the usage.

The user for his / her safe stand and gait must follow closely his / her doctor's commands, the specialist's suggestions for proper fitting and proper function of the product and the instructions of the product.

## PROHIBITED USE:

- This product should not be used for any purpose other than walking. Intense bending or stretching of the foot during exercising or other daily activity is prohibited whilst using the product.
- You should not take part in athletic activities, such as running, jumping etc., whilst using this brace.
- The Step-On AFO is suitable to be used on gradients up to 15 degrees.



Strict abiding with the above mentioned requirements is absolutely necessary or else the product might break during usage along the hinge system of the tibia or of the plantar shell.

In extremely rare cases, after a prohibited use of the brace, it has been observed a damage at the axis that may lead the tibial section of the product to tend to fall over the foot case! In such a case, contact your Orthotist immediately for a direct service of the brace.



# STEP-ON

Daily Activity



**STEP-ON AFO 200  
DH (Dual Hinge)**

STEP-ON® AFO 200 DH (Dual Hinge) is a dynamic in-shoe Ankle-Foot Orthoses (AFO) made of thermoplastic material, with a foot dorsiflexion spring mechanism. The AFO comprises a bilateral hinge joint with spring elevation mechanisms at the level of the ankle in the medial and lateral malleolus, that provides foot dorsiflexion while walking. STEP-ON® AFO 200 DH is used to assist individuals with drop foot symptoms enabling a COMPLETE GAIT CYCLE.

- It is lightweight and functional.
- Simple strap with hook-and-loop strip allows fastening the orthosis to the calf with just one hand.

### STANCE PHASE FUNCTION



A. Initial contact    B. Mid stance    C. Terminal stance

## INDICATIONS

The STEP-ON® AFO 200 DH is indicated for drop foot caused by paresis or paralysis due to:

- a) stroke, b) cerebral palsy, c) spinal cord injuries,
- d) multiple sclerosis, e) myopathy-myasthenia gravis,
- f) peripheral nerve lesions.

## SIDE EFFECTS

If the user encounters any unexpected skin changes/ signs of infection, he / she should immediately stop using the AFO and contact his / her doctor.

## CAUTION!

To obtain and use this product, a prescription or recommendation of the attending doctor is always required. The AFO must be used according to prescription. Acceptance and adherence to instructions is important for obtaining benefits of the AFO. Consequently following the recommendations for the correct use of the AFO is mandatory. The daily duration of use and the overall period of treatment are determined by the attending doctor. Primarily, the AFO must always be fitted by a specialist, who should indicate to the user the proper fitting and proper function of the product.

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.

## PRECAUTION

The clinician should take extra care when fitting to a diabetic patient with potential of peripheral neuropathy, due to the insensate skin and the risk this creates.

## CONTRAINDICATIONS

- Skin injuries / skin diseases or irritation of skin.
- Keloids with edema, redness and elevated temperature.
- Lymphatic obstruction (lymph edema) including non-diagnosed edema of soft tissues distally to the straps and closures.
- Sensitivity problems of the tibia/foot.
- History of deep venous thrombosis in lower limb.
- Ankle-foot fixed contractures.
- Excessive or gross knee hyperextension, as the AFO will struggle to prevent this.

# FITTING INSTRUCTIONS

## STEP01/FITTING

In order to ensure proper fitting of the STEP-ON® AFO 200 DH, the user's knee should initially be flexed at almost 90 degrees. This can be accomplished with the user in a sitting position.

The user's heel and tibia must be aligned correctly within the plantar and tibial shell respectively, for the AFO to be securely fitted.

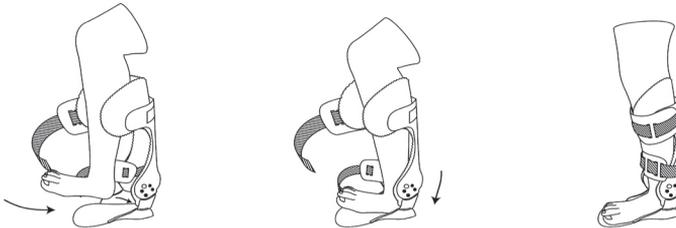
## STEP02/FASTEN THE LOWER STRAP

- A. STEP-ON® AFO 200 DH is provided with 3 hook-and-loop strips applied on the posterior surface there of:
- A large single hook-and-loop strip at the upper part (V1) and 2 smaller hook-and-loop strips, (V2) and (V3), on either side of the slot, at the lower part of the tibial shell.
  - B. Attach the strap onto the hook-and-loop strip (V2) or (V3).
  - C. Fasten tightly and attach the free edge of the strap to hook-and-loop strip (V2) or (V3).

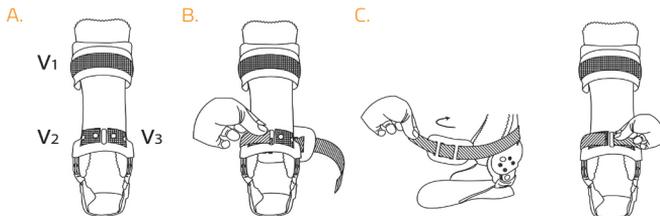
The strap can be fastened through rotating either in the clockwise or counterclockwise direction, depending on user's convenience.

The strap is sufficiently long, thereby allowing appropriate length adjustment during fitting.

### 01/



### 02/



## SPECIAL CHARACTERISTICS IN FASTENING THE LOWER STRAP

### A. VARUS

In cases of varus or supination during walking (elevation of the inner edge of the foot):

Pass one end of the strap through the slot which is located on the inner surface of the tibial shell of the AFO; Attach one edge of the strap to hook-and-loop strip (V3); Fasten the strap around the ankle so that the foot can be moved towards the medial side of the shell, thereby effecting correction of the lateral outward shift of the foot and finally attach the other edge of the strap to hook-and-loop strip (V2).

*(In this case an insole is recommended).*

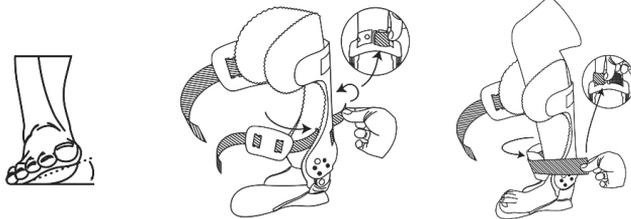
### B. VALGUS

In cases of valgus or pronation during walking (elevation of the outer edge of the foot):

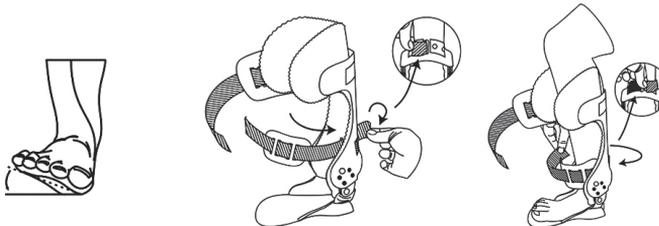
Pass one end of the strap through the slot which is located on the inner surface of the tibial shell of the AFO; Attach one edge of the strap to hook-and-loop strip (V2); Fasten the strap around the ankle so that the foot can be moved towards the lateral side of the shell, thereby effecting correction of the lateral inward shift of the foot and finally attach the other edge of the strap to hook-and-loop strip (V3).

*(In this case an insole is recommended).*

**A/**

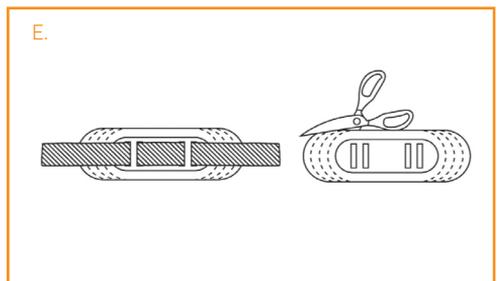
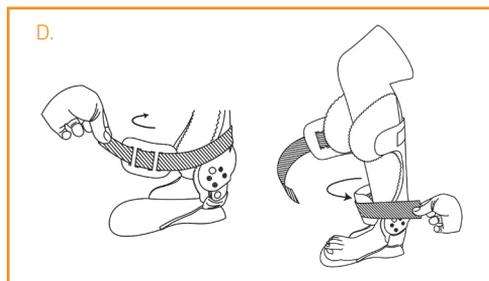
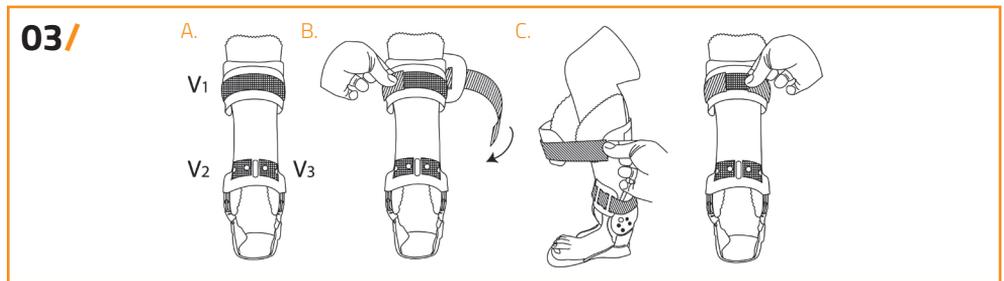


**B/**



## STEP03/FASTEN THE UPPER STRAP

- A. There is a hook-and-loop strip applied on the posterior surface, at the upper part of the tibial shell (V1) of the STEP-ON® AFO 200 DH.
- B. Attach one edge of the strap onto one side of hook-and-loop strip (V1) covering half the length thereof.
- C. Fasten tightly and attach the other edge of the strap onto the remaining half length of hook-and-loop strip (V1).
- D. The strap can be fastened either clockwise or counterclockwise, depending on user's convenience.
- The strap provided is sufficiently long to allow proper length adjustment during fitting.
- E. Both straps are provided with small soft pads, which can also be cut to size.



## STEP 04 / PUT THE ORTHOSIS IN YOUR SHOE

The sole plate of the AFO is made of thermoplastic material that covers  $\frac{3}{4}$  of the sole of the shoe, so that it may fit within the user's shoe. The appropriate footwear (athletic shoes are recommended) provides increased support.

### FOOT MOVEMENT ADJUSTMENTS

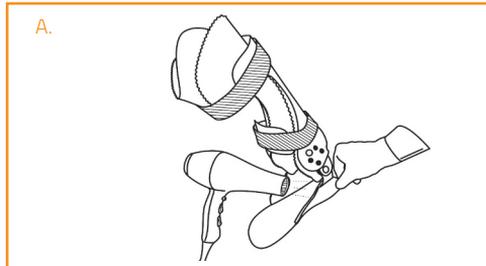
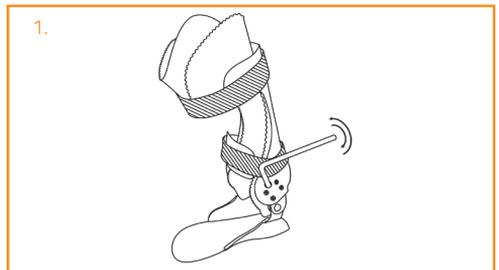
The applicable rate of foot dorsiflexion assistance can be adjusted by means of an allen key (which is included in the packaging).

1. The allen key is placed into the hole and when turned in a clockwise direction the foot dorsiflexion assistance is increased thereby enhancing dorsiflexion of the foot. Conversely, turning the allen key in a counterclockwise direction results in the foot dorsiflexion assistance being decreased thereby reducing dorsiflexion of the foot.

### ADJUSTMENT BY THE ORTHOTIST

Primarily, the AFO must always be fitted by a specialist, who should indicate to the user the proper fitting and proper function of the product.

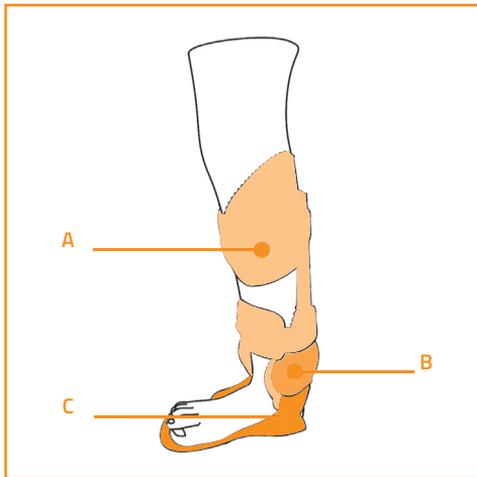
- A. It is made of thermoplastic material, so that it may be handily formed through mild heat treatment by the orthopaedic - technician to suit specific customer requirements. If any trimming is required, appropriate finishing of the edges is strongly recommended. A special shoe insole can be placed when deemed necessary. Adding a shoe insole or foot orthosis, does not affect the function of the AFO.



# CARE & MAINTENANCE

## DISASSEMBLE & REASSEMBLE

The orthosis is modular for all parts (A. Tibial shell, B. Hinge system, C. Plantar shell) to be maintained and replaced.



### A. TIBIAL SHELL

The tibial shell consists of:

- **INSIDE LINING**

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.

- **STRAPS**

The straps provided are sufficiently long, to be cut to the appropriate length during fitting.

- **FOAM PADS**

The foam pads provided are sufficiently large, with trim lines on them, to be cut to the appropriate size during fitting.

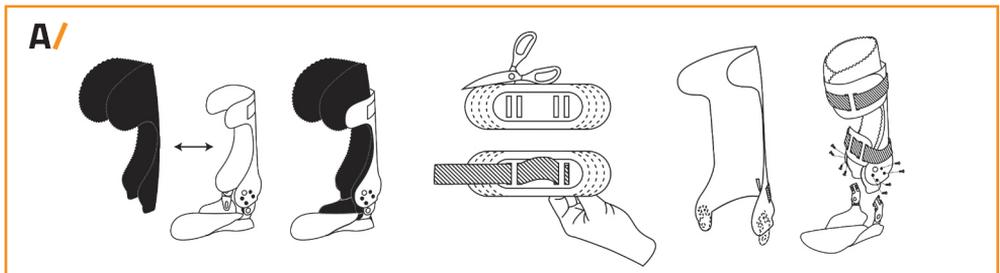
- **HOOK-AND-LOOP STRIP**

The straps are attached to the AFO through the hook-and-loop strips.

- **TIBIAL SHELL – THERMOPLASTIC**

The hinge system connects the tibial shell with the plantar one. At the tibial shell there are 8 screws (4 on the right and 4 on the left), which connect the tibial shell with the hinge system. By unscrewing the screws, the thermoplastic tibial shell can be removed.

All internal parts coming in contact with skin are advised to be washed-cleaned before use.

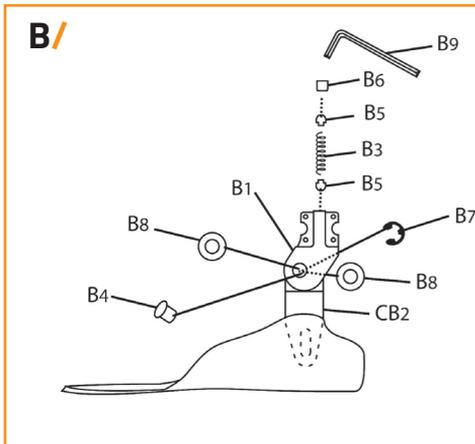


## B. HINGE SYSTEM

The AFO has passive static ROM, with no spring assistance, 22° dorsiflexion to 11° plantarflexion. Actual ROM during use can vary, depending on spring assistance, patient's weight, spasticity, walking speed, and other factors.

The hinge system consists of :

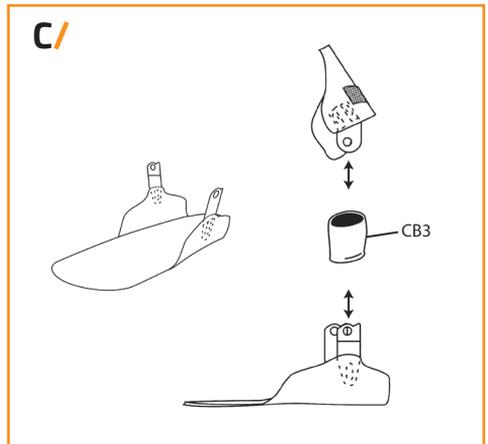
- B1. Metallic upper part of joint
- CB2. Metallic strip (embedded within the plantar shell)
- B3. Lubricated springs
- B4. Central axis
- B5. Plastic coverings of spring
- B6. Allen bolt
- B7. Circlip
- B8. Washers:
  - B8a. one piece outer,
  - B8b. one piece inner
- B9. Allen key (included in the package)



## C. PLANTAR SHELL – THERMOPLASTIC

The plantar shell ( C ) covers  $\frac{3}{4}$  of the sole, in order to comfortably place the AFO inside the shoe. A full length footplate is an optional custom order. It has metallic strips (CB2), which are embedded within the plantar shell. The metallic strips are covered by textile coverings (CB3) in order to protect the hinge from debris.

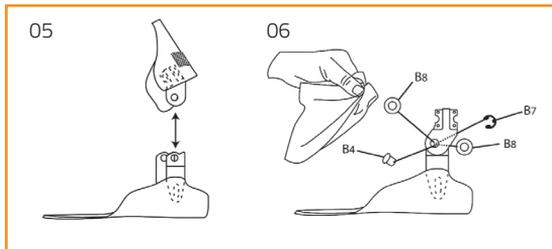
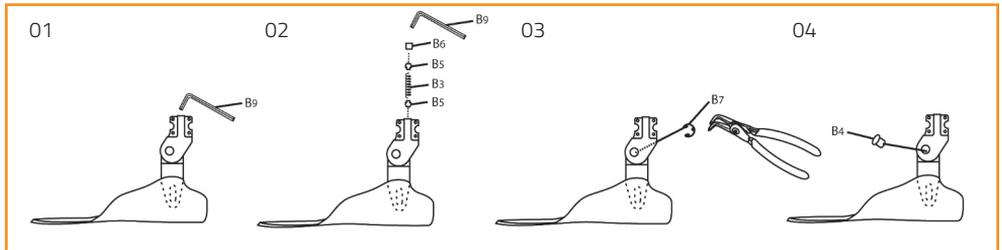
The hinge system (B) connects the plantar shell ( C ) with the tibial one (A). The central axis (B4) connects the plantar shell (C) with the hinge system (B) and is stabilized at the hinge system by the circlip (B7).



## SERVICE & MAINTENANCE OF ARTICULATION HINGE SYSTEM

To ensure extended function of the STEP-ON® AFO 200 DH: A full service and maintenance of the hinged articulation should be done 1 to 3 times per year, depending on usage.

01. Unscrew the bolts (B6), with the allen key provided (B9).
02. Remove the bolts (B6).
03. Remove the springs (B3) and the plastic coverings of the spring (B5).  
**Note: In case that one, or both the springs will be observed as damaged, they must be replaced by new lubricated springs (An extra pair of springs is included in each package of the product).**
04. Remove the circlips (B7).
05. Remove the Central axis (B4).
06. Clean all the individual components.
07. Reassemble the brace.



## PACKAGE CONTENTS

1. STEP-ON AFO 200 DH.
2. Instruction Manual.
3. Patient Information leaflet.
4. Extra package that includes:
  - Allen Key
  - Extra pair of Allen bolts
  - Extra pair of springs that are lubricated

are only to be used by an orthotist, or an orthopaedic technician.

**LABEL WITH THE INDICATION**  
**"This is only to be used by an orthotist, or an orthopaedic technician"**  
**IS ATTACHED ON THIS EXTRA PACKAGE.**

## INDICATIONS FOR WASTE DISPOSAL

Dispose packaging and product in an environmentally friendly way. The waste disposal should follow the recycling principles. Dispose the product of through the local waste authorities or at an approved waste disposal point.

Observe local regulations.



## 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.

## CE CONFORMITY

The product is CE marked in accordance with EU Directive 93/42/E.U. Council of the 14th June 1993 relating to medical technological products and has been registered with the manufacturers of medical devices of the National Organization for Medicines.

**LABEL WITH THE INDICATION**  
**"Please read carefully the instruction manual before using the ankle-foot orthosis"**  
**IS ATTACHED ON THE PACKAGE OF THE PRODUCT.**



<b>STEP-ON AFO 200</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
<b>Shoe size (European)</b>	Up to 39	Up to 43	Up to 44	Up to 45
<b>Shoe size (UK)</b>	Up to 5	Up to 9	Up to 10	Up to 11
<b>Bimalleolar width</b>	6.3 - 7.0 cm	7.1 - 7.5 cm	7.6 - 8.1 cm	8.2 - 8.6 cm
<b>Max weight</b>	115 Kg	115 Kg	115 Kg	115 Kg
<b>Max tibia circumference</b>	42.5 cm	42.5 cm	42.5 cm	42.5 cm

## CAUTION!

- Prior to fitting, the AFO should be checked for proper functioning and absence of signs of wear or defect. The product should only be used in perfect condition.
- In the event that any strap, hook-and-loop strip or other part of the AFO is damaged, the orthosis should no longer be used.
- Check the functionality of your STEP-ON AFO, as described at the Patient Information leaflet that you received, every day.
- In the event of wear or failure of the hinge's spring/s, immediate stop of usage of AFO and replacement of both the springs is strongly recommended. Otherwise, the product can break during its use at any point of the ankle joint or the tibial shell or the plantar shell.
- 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.
- The product has been designed to be used by patients:
  - with a maximum weight of up to 100Kg
  - with a maximum height of 185cm.
  - with a tibia circumference less than 42,5 cm

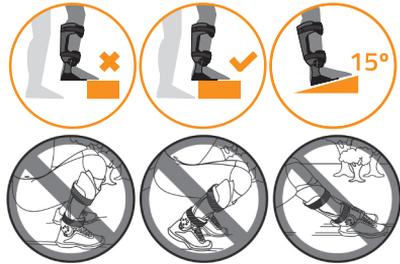
In order to prevent fall and injury, during standing and walking with the product the user should always be supported by a specialized attendant or in a totally secure environment.

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 as well as the potential damage of the product due to applied loads during the usage.

The user for his / her safe stand and gait must follow closely his / her doctor's commands, the specialist's suggestions for proper fitting and proper function of the product and the instructions of the product.

## PROHIBITED USE:

- This product should not be used for any purpose other than walking. Intense bending or stretching of the foot during exercising or other daily activity is prohibited whilst using the product.
- You should not take part in athletic activities, such as running, jumping etc., whilst using this brace.
- The Step-On AFO is suitable to be used on gradients up to 15 degrees.



Strict abiding with the above mentioned requirements is absolutely necessary or else the product might break during usage along the hinge system of the tibia or of the plantar shell.

In extremely rare cases, after a prohibited use of the brace, it has been observed a damage at the axis that may lead the tibial section of the product to tend to fall over the foot case! In such a case, contact your Orthotist immediately for a direct service of the brace.



Engineered and produced in Greece.

0319 EDITION

## EUROPEAN ORTHOPAEDIC CENTRE

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