

## Product Information

### Custom HEKO



Hyperextension knee orthosis with 4-axis hinge to stabilize the knee in all three planes while allowing full flexion and extension. Provides localized control of the knee, preventing hyperextension, valgus and varus, while allowing full flexion and extension. Suitable for patients up to 100 lbs.

### HEKO PreFab



Incorporates all of the features of the original HEKO into a prefabricated version. Integrating the same unique 4-axis knee hinge, this more flexible HEKO PreFab allows even more adjustability. Available in 4 sizes in either soft purple or black, suitable for patients up to 50 lbs.

### HEKO Hinge



Originally designed and developed for use in the SureStep HEKO, this unique hinge is the only 4-axis pediatric hinge available. Perfect for use in KAFOs, knee orthoses and elbow orthoses; it is lightweight and low profile. The hinge has adjustable extension stops that allow specific range of motion limitations and adjustability. Available in two sizes, the HEKO hinge will work well for patients up to 100 lbs.



### Technical Support

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[surestep.net](http://surestep.net)



# HEKO

## Fitting Guide and Hinge Adjustment Instructions

[surestep.net](http://surestep.net)

## Fitting Instructions

1. With the knee flexed to approximately 45°, place the HEKO over the anterior of the knee, careful to align the center of the HEKO hinges with the top of the patella (Figure 1).
2. Settle the HEKO into place on the knee, ensuring that the HEKO hinges are located just posterior of the midline of the leg (Figure 2).
3. Check the length of each strap. Measure, trim and then apply the included self-adhesive strap pads to the underside of the straps.
4. Begin fastening the straps in the following order (Figure 3).
  - Tighten the strap just distal to (below) the knee center (A)\*
  - Tighten the strap just proximal to (above) the knee center (B)\*
  - Tighten the most distal strap (C)
  - Tighten the most proximal strap (D)
5. Instruct the patient to stand up, and while patient is weight bearing, re-tighten the strap just distal (A) to below the knee center.

Figure 1

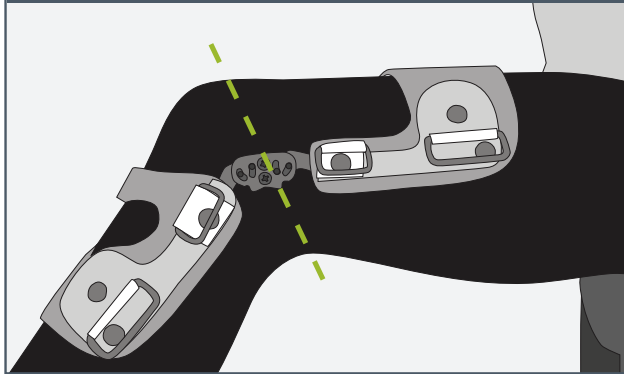


Figure 2

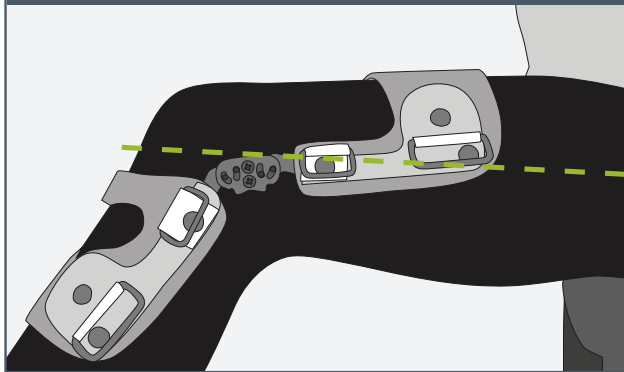
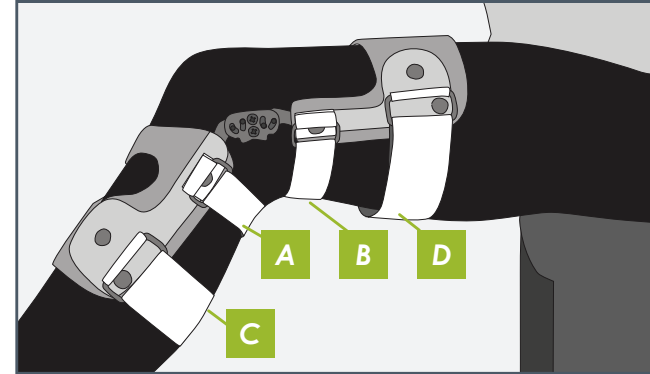
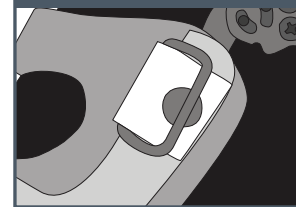


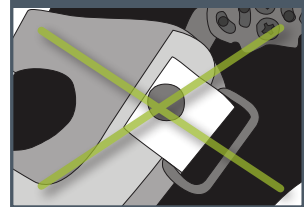
Figure 3



Correct



Incorrect



**\*Please note that the "D-Rings" for the two center straps face forward to prevent pinching. DO NOT rotate these to face rearward.**

## Extension Stop Adjustment Instructions

1. Insert the  $\frac{5}{64}$ " hex wrench into one of the adjustment (set) screws in the posterior edge of the HEKO joint, ( $\frac{3}{32}$ " wrench on large hinges).
2. Turn clockwise to decrease the amount of extension allowed.
3. Turn counter-clockwise to increase the amount of extension allowed.
  - Full extension (180°) is the extension limit and the orthosis should not extend beyond full extension.
  - Each of the adjustment screws will adjust approximately 15°, allowing for a combined total of 30° as a maximum limitation on the extension stop.

## Suspension Sleeve Kit

In an effort to prevent brace migration challenges, we have included a Suspension Sleeve Kit, including: 2 pieces of FabriFoam wrap and 1 adhesive backed hook.

### Instructions for placement are as follows:

1. Stretch, as you wrap the piece of FabriFoam (blue side facing out) around the thigh so that the proximal edge of the Suspension Sleeve is at the same height as the proximal edge of the HEKO orthosis.
2. Place the adhesive backed hook against the EVA foam liner centered inside the proximal band of the HEKO orthosis.
3. Once the hook is secured, don the HEKO as normal over the FabriFoam material so that the Velcro hook will grip the Velcro sensitive outer surface of the FabriFoam.

## Suspension Sleeve Kit

Suspension Sleeve

