

Thank you for choosing



## Dynamic Rotational Control

### Indications

- Flexible Internal Tibial Torsion
- Flexible External Tibial Torsion
  - Mild Internal Hip Rotation
  - Mild External Hip Rotation

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*If any serious injury occurs in relation to this device, please report the incident to Surestep as well as to the competent authority of your Member State.*



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## Fitting Guide

**1**

Position waist band at approximately the level of ASIS (hip level) and fasten snugly, taking care to not over-tighten.

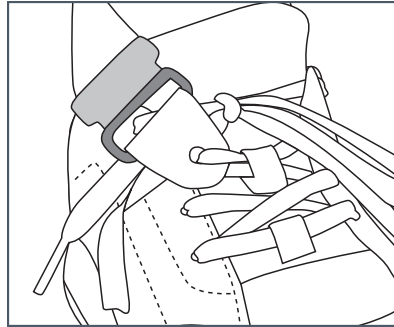


figure 1

**2**

Wrap the torsion straps around the legs in the direction of the rotational deformity. Apply a stretch to the elasticsized torsion straps as they are wrapped around the legs.

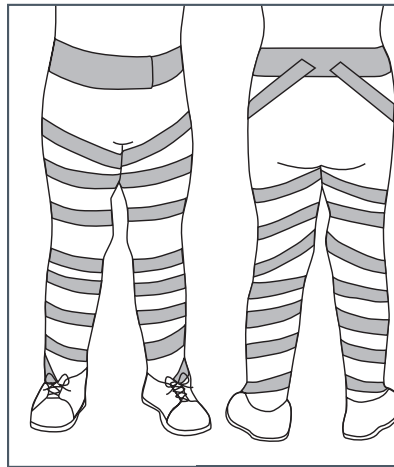


figure 2

**3**

Attach torsion straps to footwear or orthoses using the included buckles as shown in figure 1. Chafe and loop can be laced into shoelaces, attached to existing bracing or truss catches can be hooked directly to shoelaces.

## Tips to Improve Outcomes

1. Increasing the tension of the torsion straps will increase rotational correction.

2. The number of wraps and tension on the torsion straps above the knee will affect hip rotation.

3. The number of wraps and tension on the torsion straps below the knee will affect tibial torsion.

4. Keep the wrapping of the torsion straps as horizontal as possible as shown in figure 2. Vertical wrapping will often result in increased hip and knee flexion.