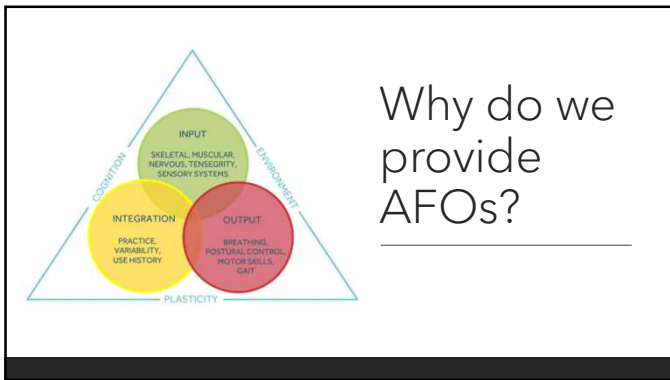




We're Better Together: Effective Tips for Ordering & Fitting Indy 2 Stage AFOs

MEGAN SMITH, CO
DIRECTOR OF
EDUCATION & RESEARCH

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Better Together

- Developed with therapists
- Designed with orthotists
- Approved by physicians
- Accepted by caregivers
- Loved by patients

3

What is the Indy 2 Stage?

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

4

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES



Custom SMO + Custom AFO

5

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

1 Choose AFO

- » Solid Ankle
- Additional fabrication options available:
- Posterior Leaf Spring (PLS)
- Corrugation options:
 - Plastic
 - Rope
 - Carbon fiber reinforcement
- Floor Reaction
- Optional carbon fiber reinforcement



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A CUSTOM MODULAR SYSTEM THAT PROVIDES **VARIABLE** & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

1 Choose AFO

» Hinged

Snapstop only

Choice of hinge:

- Surestep Free Motion
- Surestep Dual Adjustable
- Tamarack Free Motion
- Tamarack Dorsi Assist

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A CUSTOM MODULAR SYSTEM THAT PROVIDES **VARIABLE** & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

2 Choose AFO Modifications

AFO Modifications

- Full Length Footplate
- Surestep Trim Lines
- Removable Tibial Shell
- Nighttime Stretching Straps
- Open Heel
- Adjust-to-lift
- Toe Plateaus

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A CUSTOM MODULAR SYSTEM THAT PROVIDES **VARIABLE** & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

3 Choose SMO Modifications

SMO Modifications

- Toe Walking Extension
- Open Heel
- Houdini Straps
- Reverse Trim Lines

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Toe Walking Extension

Houdini Straps

Open Heel


12

How many variations are there?

A 40

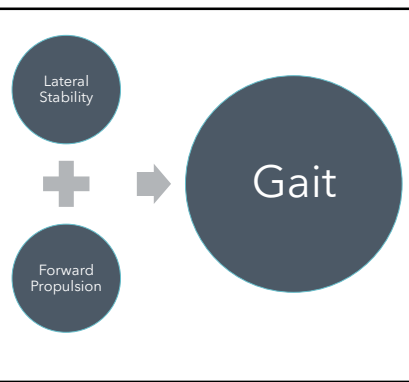
B 80

C 400



13

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES



14

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES



foot pronation
stance phase of gait

degrees

% gait cycle

supination


pronation

% gait cycle	degrees
0	0
10	-5
20	-10
30	-10
40	-5
50	0
60	5

15

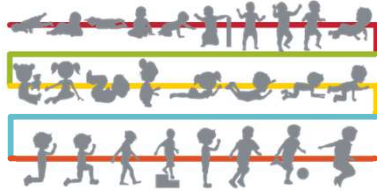
A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

Windlass Mechanism for Propulsion



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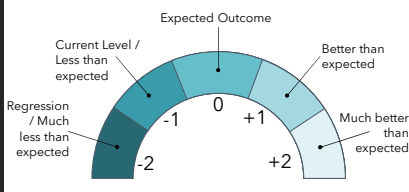
A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES



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A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

Success?



Goal Attainment Scaling

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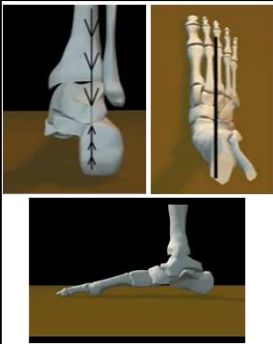


Benefits

CAN WEAR SMOS
INDEPENDENTLY OR
WITH AFO

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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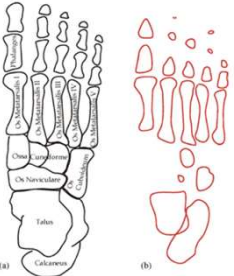


Benefits

TRI-PLANAR CONTROL
OF PRONATION

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

20



Benefits

TRI-PLANAR CONTROL
OF PRONATION

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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Straps Loose Straps Tight

Gapping - not correcting pronation Triplanar control
Circumferential compression

Benefits

TRI-PLANAR CONTROL OF PRONATION

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

22

foot pronation
stance phase of gait

degrees

supination

pronation

% gait cycle

Benefits

TRI-PLANAR CONTROL OF PRONATION

Pronation of the foot during the stance phase of gait (representative stride obtained from one subject). Positive value indicates supination; negative value indicates pronation.

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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Benefits

MAINTAIN RANGE OF MOTION (KEEP HEELS SEATED)

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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Traditional SMO Surestep SMO

Benefits

IMPROVED PROPRIOCEPTION (COMPRESSION & DYNAMIC STABILITY)

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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I take the braces off during therapy so we can work on motor skills and transitions

When they fall, they struggle to get back up in their AFOs, so we don't wear them at home much.

I tell the family to only wear 1/2 time so they can strengthen and don't atrophy

Benefits

USE OF DEVICES DURING FUNCTIONAL ACTIVITIES

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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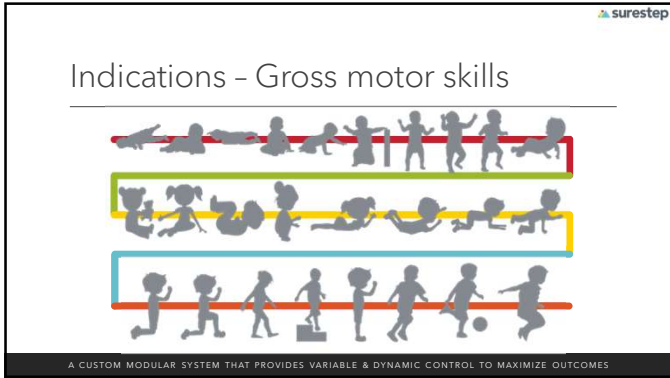
surestep

Indications

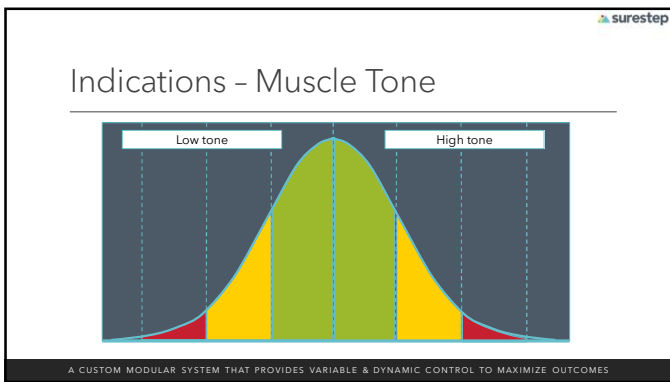
Presentation > Diagnosis

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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surestep

Indications - Sensory

Mechanoreceptors
Proprioception
Joint Stability
Postural control

Kennedy 2002

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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Dosage: Pre/Early Ambulator

1	Wear SMO during a purposeful activity they enjoy for 30-60 min
2	Wear SMO during a purposeful activity they enjoy for 1-2 hours
3	Incorporate purposeful activities they enjoy into a 3-4-hour time frame
4	Wear SMOs for all waking & active hours; Add AFO for weight bearing activities (stander, gait trainer, hand-held, etc.)

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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Dosage: Ambulator

1	Wear SMO/AFO during a purposeful activity they enjoy for 30-60 min
2	Wear SMO/AFO during a purposeful activity they enjoy for 1-2 hours
3	Incorporate purposeful activities they enjoy into a 3-4-hour time frame
4	Wear SMOs for all activities that don't require proximal stability or sagittal plane control. Add AFO for all activities that do

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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surestep

Communication

Goals > Biomechanics

"Yes, And"

A CUSTOM MODULAR SYSTEM THAT PROVIDES VARIABLE & DYNAMIC CONTROL TO MAXIMIZE OUTCOMES

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Order Form Overview

MEASURE, CAST, AND ORDER

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- 1 Complete patient information
- 2 Complete company & billing/shipping information
- 3 Choose shipping option
- 4 Complete cast section

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INDY 2 STAGE FORM

MEASUREMENTS

1 Gather tools (Tape measure, ML Stick, Casting materials if necessary)

2 Measure and/or Cast

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Fitting Tips

Bulk:

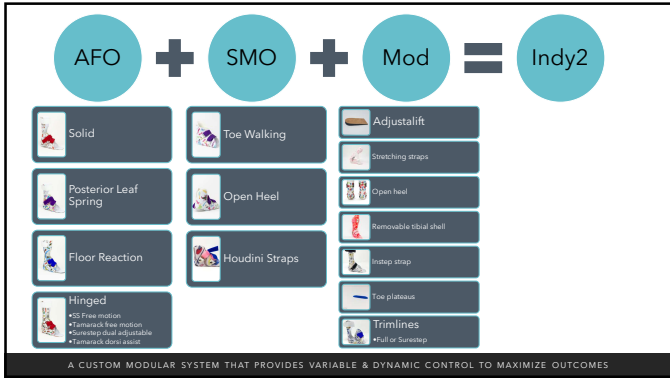
- Trim walls
- Short footplate?
- Compression

38

Shoes & Socks

- 2 removeable insoles
- Wide toe box
- Long laces

39




40

Case 1 - Reid

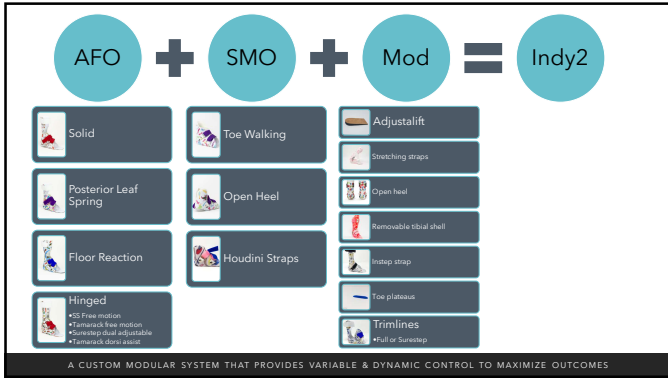
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Indications

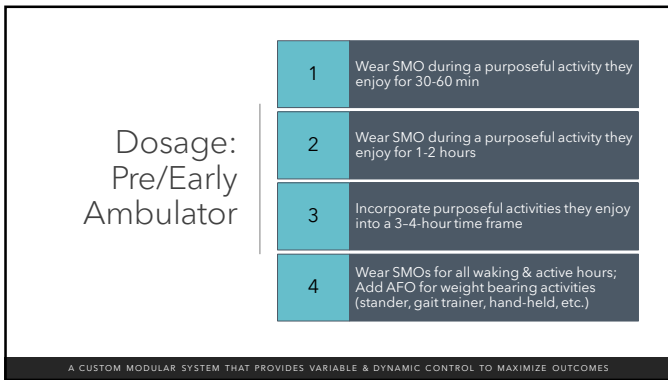
- Gross motor skills
- Tone
- Foot position / range
- Sensory



42



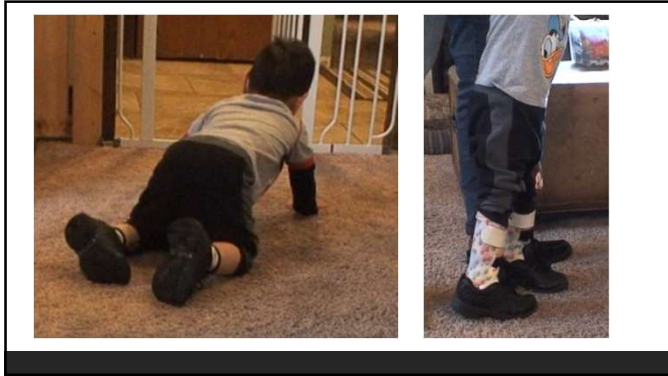
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Case 2 - Graham

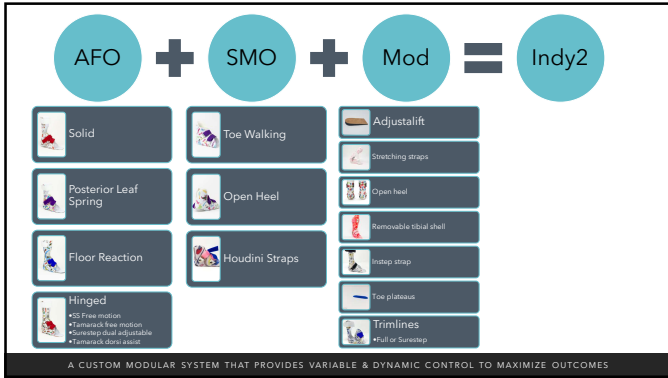
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Indications

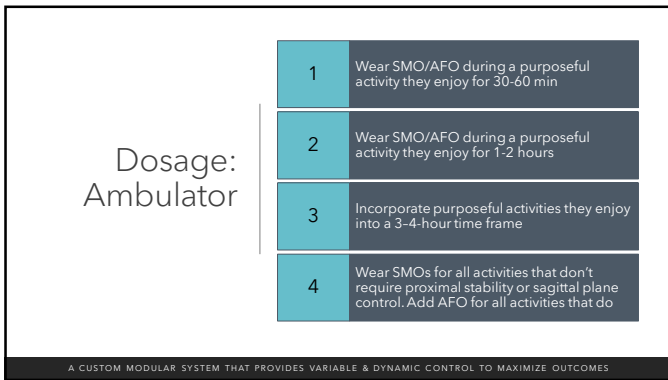
- Gross motor skills
- Tone
- Foot position / range
- Sensory



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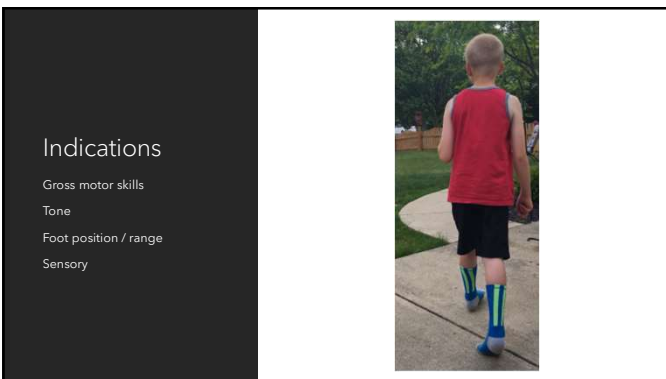
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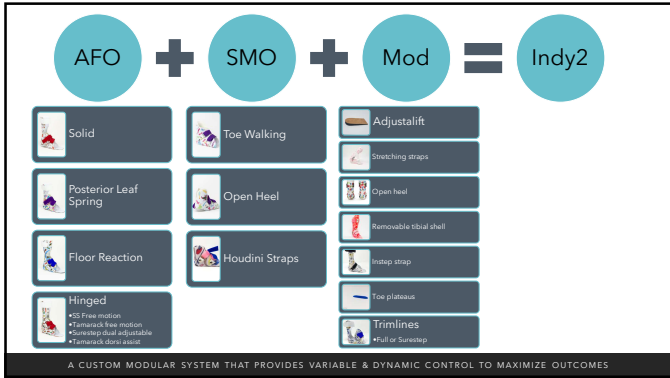
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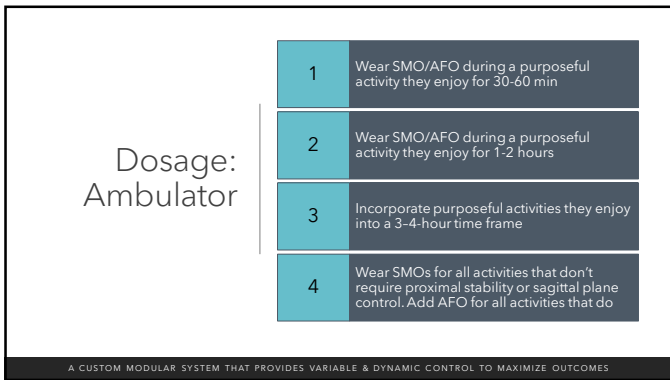
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Case 4 - Stryder

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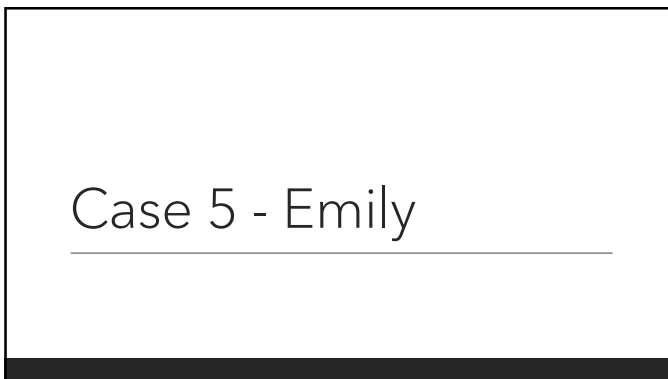
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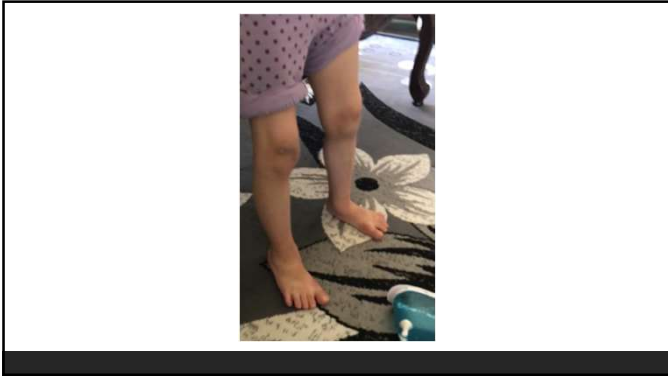
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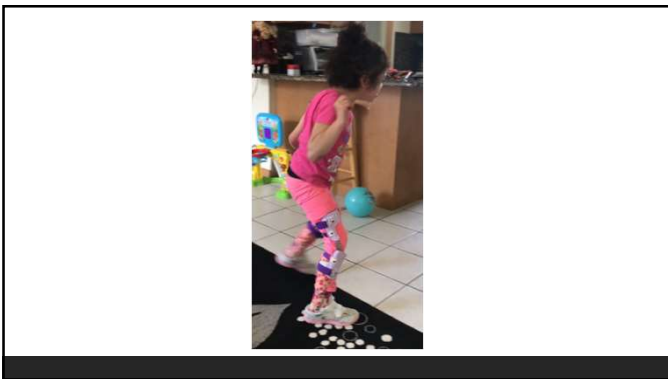


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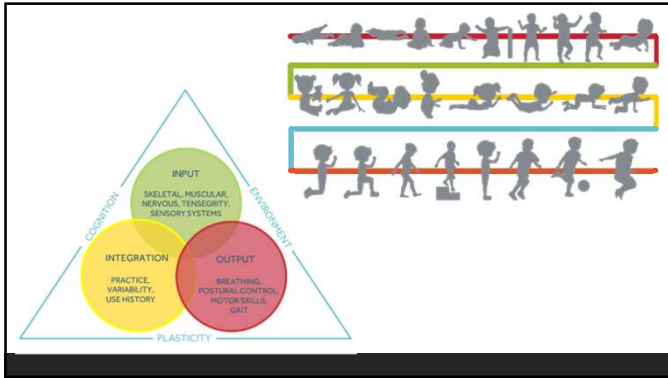


What did she get?

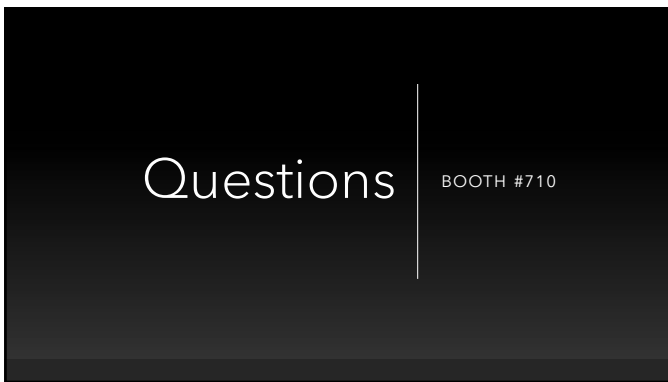
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