

Facilitating Function

Through effective orthotic intervention

AND follow up

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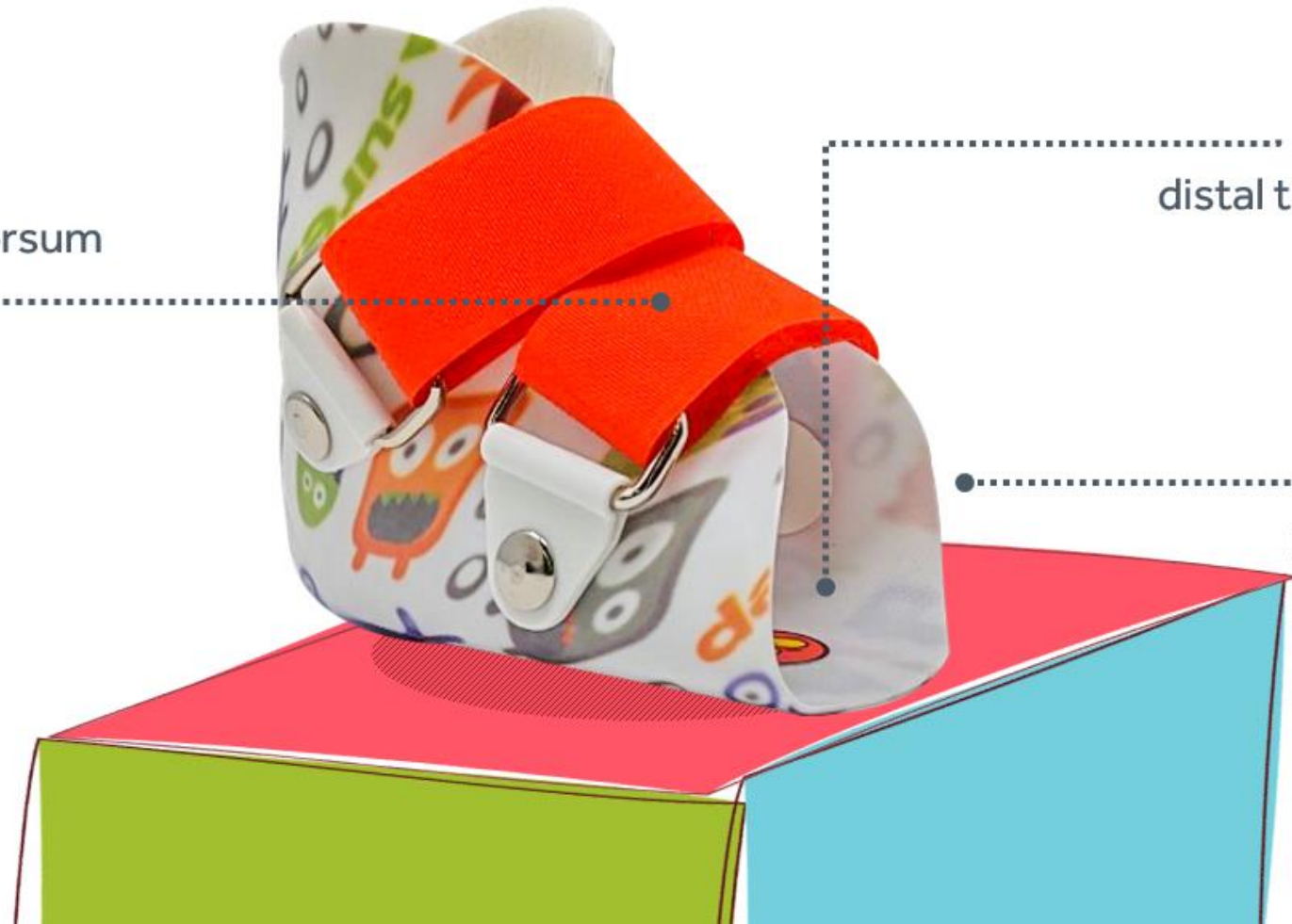
Fitting Checkmarks

Proximal to malleoli
(but not too much!)

Snug fit around dorsum
1/8-3/8" space

Lateral trimline
distal to 5th metatarsal

Medial trimline
proximal to 1st metatarsal



Surestep SMO Fitting Guide



Donning

- 

1 Open the Surestep SMO from behind and underneath the foot, then pull the brace forward onto the foot.
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2 While cupping the heel of the SMO in one hand, supinate the foot inside of the brace.

To do this, you will need to twist or rotate the foot outward by lifting under the ball of the foot. The ankle will also need to dorsiflex (lift up on the front of the foot). This will allow you to look down into the device under the foot and see that the heel is properly touching the bottom surface.
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3 Next, push the foot back into the brace until you feel that it has made contact at the back of the heel. Insert the dorsal pad over the dorsum of the foot. Pull the edges of the SMO over the pad to secure its position beneath the device.
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4 Maintain this position by squeezing this device while you begin to fasten and tighten the straps.

Your orthotist may have marked the straps for proper tensioning.



Please remain seated
While donning the device, your child should be in a seated position facing you, either on a chair or safely on the edge of a table. This will keep their knees and hips flexed and their feet and ankles relaxed.

Tightness is very important
Snug is not enough. Surestep SMOs must be TIGHT. This tension creates the compression necessary to achieve stability in standing. If the device is tightened properly, there should not be any blistering or areas of severe redness.

Stickers know best
The SMOs have been correctly marked with "Left" and "Right" stickers. The lateral side (outside) of the Surestep SMO is longer than the medial side (inside). It helps to remember that the buckles should face outward.





Are your SMOs too small?
Check the trim lines!

- 1 Perfect
- 2 Still good
- 3 Too short

Trim Lines

- 

1 On the medial side (inside) of the foot, braces should be trimmed behind the big toe, and the ball of the foot.

It is important that this edge is back far enough so that it does not impinge on the boney portion of the ball of the foot.
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2 On the lateral side (outside) of the foot, braces should be trimmed just behind the 5th toe.

Extend or push up on the 5th toe to make sure the fit is correct. This will simulate the movement the toe experiences while walking. The plastic edge of the brace should not restrict this movement.
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3 If the device fits properly, there will be a gap between the edges of the plastic on the top of the foot.

Depending on the child, this gap may be as narrow as 1/8" on small feet (about the width of a pinky finger) or as wide as 1" on larger children (about as wide as a thumb). These plastic wings should never touch or overlap.



Surestep SMOs should be trimmed behind the ball of the foot and to the base of the 5th (pinky) toe.

Wear Schedule

Step 0: Hold it!

Step 1: Get used to donning/doffing

Step 2: Wear 1 hour (1-3 times/day) – incorporate fun activities

Step 3: Wear 2 hours (1-3 times/day) – incorporate fun activities

Step 4: All waking & active hours

Educate on skin and brace care



Hotspots







- Bump out malleoli reliefs
- Check for over pronation/supination





- Check tension
- Check for overpronation
- Flare if trimlines and compression appropriate





- Trim and/or flare trimlines

Are your SMOs too small?

- » perfect
- » still good
- » too short

Graduation/Discharge Plan

Head

- Head up
- Eyes forward

Arms and Trunk

- Down + reciprocal swing
- Vertical trunk at midstance
- Reduced lateral trunk sway

Pelvis

- Decreased lordosis
- Pelvis moves laterally over stance foot



+ More!

- No pain
- Increased participation
- Improved endurance
- Reduced falls/clumsiness

Foot and Ankle

- DF clearance
- Initial heel contact
- Propulsion over forefoot
- Reduced calcaneal valgus

SMO Modifications

Open Heel Modification

Toe Walking Modification

Reverse Trimlines

Clubfoot Trimlines (reverse trimlines + 5 deg forefoot abduction)

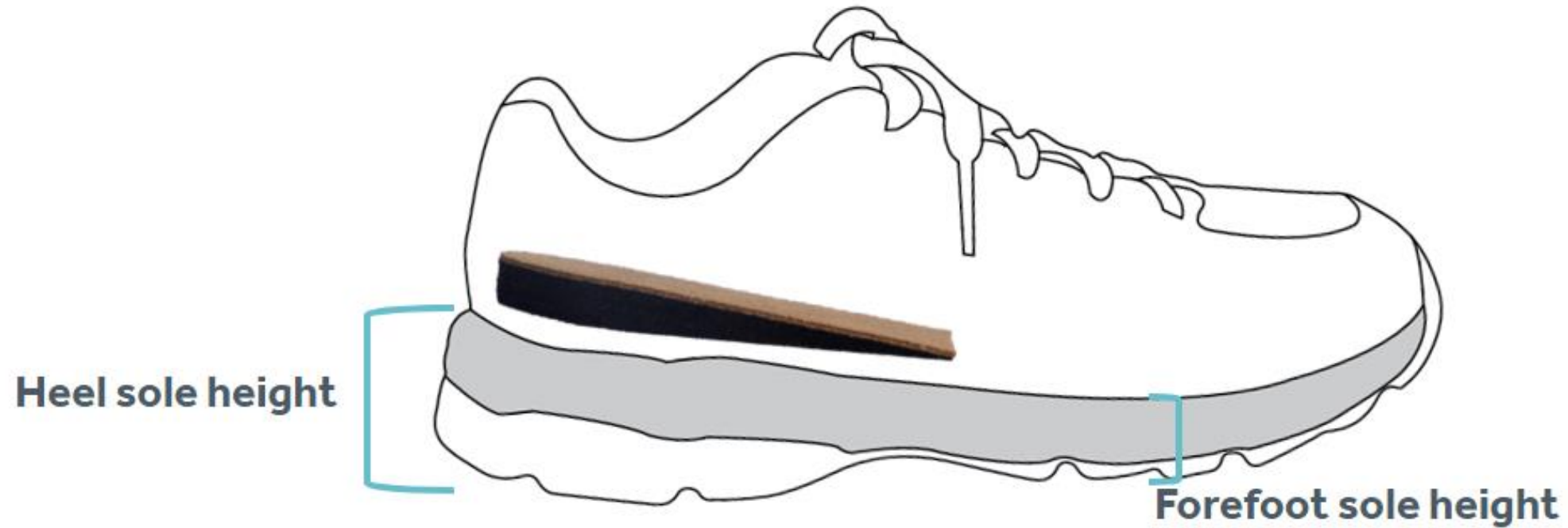
Full Footplate

Bigshot SMO

Houdini Straps

Nonskid Tread

Shoe recommendation



Positive Heel Height Differential

Surestep Shoes

<https://surestep.net/smo-afo-shoes/>



3T-12Y



10Y-3Y

- Order in tandem with SMO/AFO at bottom of o-form
- Order in bulk with shoe o-form on website or portal
- Parents and families can directly order at <https://orders.surestep.net/>

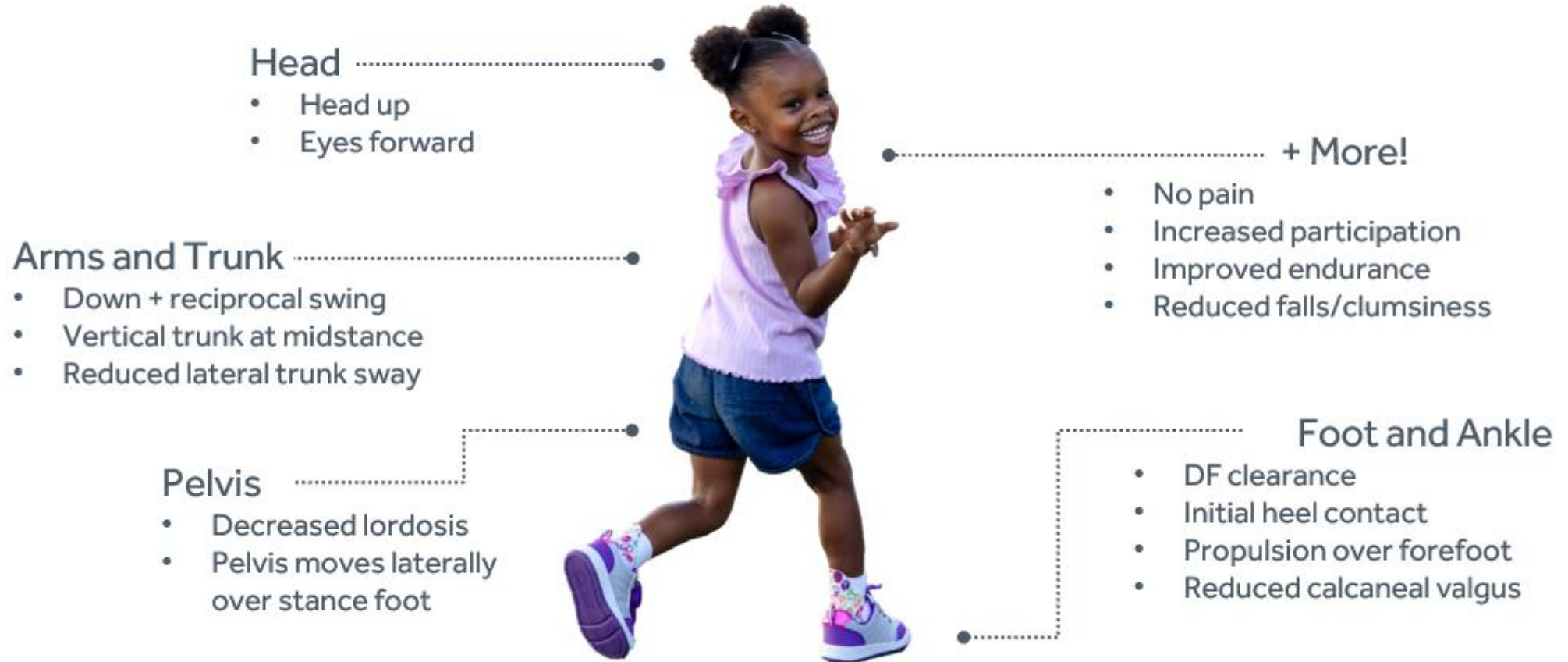


3T-9T

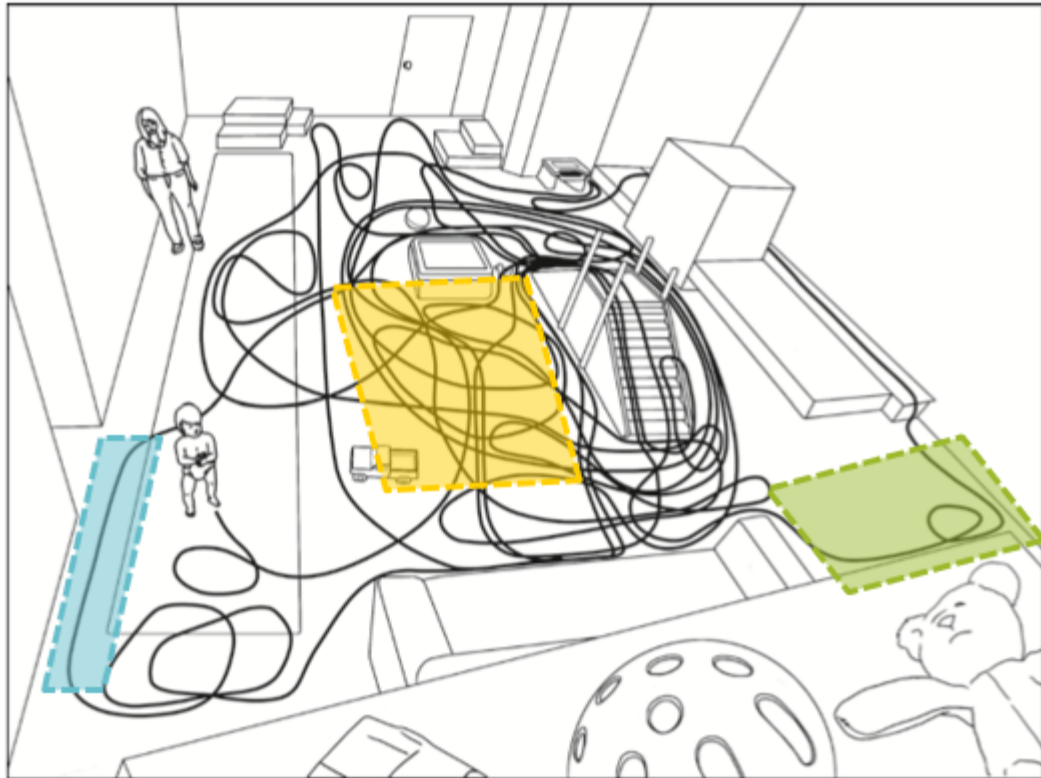


3T-3Y

Graduation/Discharge Plan – Toe Walking



Graduation/Discharge Plan – Toe Walking



- Reduce toe walking in straight line walking
- Reduce toe walking in small spaces requiring turns
- Reduce toe walking during activities with many transitions



SMO Weight Limits

Activity Level



SMO



Big Shot
Lite

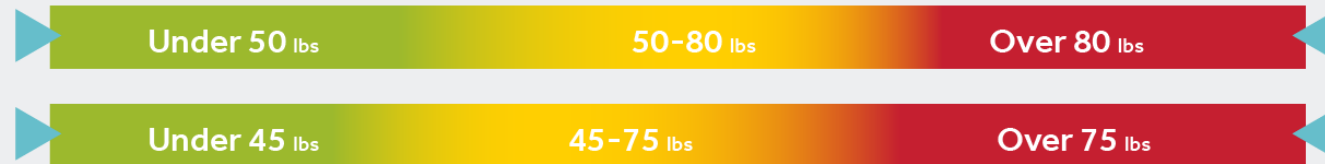


Big Shot

Style



**Heavy-
Moderate**



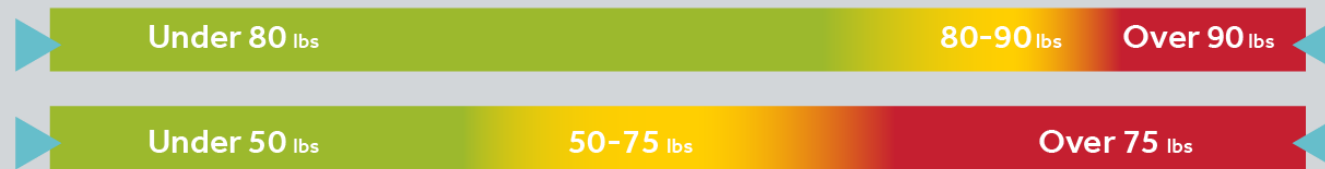
Standard



Open Heel



Light



Standard



Open Heel



- For children with bony prominences, Big Shot (Lite) SMO may be the most appropriate bracing option despite weight
- If the child is bordering the suggested weight limits, we recommend rounding up in anticipation of continued growth

Helpful Analogies

Hiking Boots

Compression from SMO gives a better idea of where your foot is in space and in relation to the ground. It's like when we go hiking and our boots are too loose – we don't know how it will hit the ground when we plant our feet, so we tighten the laces.

Training Wheels

SMOs are like training wheels for our feet – they keep the foot and ankle in a good alignment so it's easier for the muscles to be more effective. Just like on a bike, your child is still doing all the movements and using those muscles to move around. This will help them learn and get better at the motions they need to walk.

Water Bottle

The SMO is made of a thin plastic that allows for typical movement that helps drive development while still providing stabilization. When the water bottle is filled with water, the water inside provides pressure against the plastic to keep the water bottle from collapsing, but it still allows some movement.

Hands

The SMO is supposed to be tight around the foot to move with the foot. If it's too loose, it will move around the foot and then rub to cause redness and blister.