



THUASNE

SpryStep® Plus AFO



## Medical Professional Instruction Guide



### Indications

These indications are biomechanical deficits that the orthosis is intended to address. Assessment by a healthcare professional is always recommended.

- Fatigueable footdrop
- Footslap
- Footdrop
- Excessive plantarflexion during swing phase (secondary to weak dorsiflexors)
- Weakness of the pretibial muscles  $\leq 3$
- Plantar flexor strength 3 or 4
- Mild knee instability during stance phase
- Moderate knee instability during stance phase
- Mild quadriceps weakness
- Excessive knee flexion during stance phase (secondary to weak plantarflexors)
- Circumduction
- Vaulting
- High knee gait Hip hiking / contralateral trunk lean

### Contraindications

These contraindications are pathological conditions the orthosis was not intended to address. In some scenarios the assessment of a trained CPO can override these suggestions.

- Patients over 250lbs (please call Thuasne USA for custom options)
- Moderate to severe spasticity of the foot and ankle
- Open ulcers of the foot, ankle or lower leg
- Moderate to severe edema
- Moderate to severe foot deformities
- Moderate to severe ankle instabilities
- Moderate to severe fixed ankle varus or valgus conditions
- Non-correctable triplanar instability
- Plantarflexion contracture
- Running/high impact activities (please call Thuasne USA for custom options)

### Cautions

- Risk of accident when driving a motor vehicle or machinery when wearing SpryStep Plus is determined on a case by case basis. Criteria include the type of fitting and the individual abilities of the SpryStep Plus user
- If the SpryStep is applied too tightly to the body it can result in restricted blood flow or nerve palsy
- SpryStep Plus can only be worn in appropriate footwear (closed heel, closed toe, maximum heel height of 1")

### Warranty

- 1 year warranty on carbon fiber portion of the AFO
- 6 month warranty for pad and strap

### Warranty Limitations

- Extreme squatting or kneeling.
- Loading a portion of the toe while climbing stairs or uneven surfaces



### Product Disclaimer

This brace is a prescription product that should be used in accordance with the directives of a physician as part of a treatment plan for managing the patient's total health. While this type of brace has proven beneficial to many patients, outcomes will vary based on factors including patient age, general health, and/or lack of compliance with instructions for how to put on and use the product. Because of variations in the health and condition of each patient, Townsend Design also does not make any specific recommendations regarding appropriate activities for the user of this brace. You should IMMEDIATELY DISCONTINUE USE of this brace if there is any abnormal redness that lasts more than 10 minutes after removing the brace, or any skin irritation, bruising, blistering or abrasion.



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**SpryStep® Plus AFO**

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## Footplate Preparation

### 1. Tracing Footwear Inlay

- Use the inlay from the footwear to measure the template size (if the inlay is removable)
- Trace the template onto the SpryStep Plus footplate

### 2. Cutting the Footplate

- Use scissors to trim the footplate to the correct template size
- Note: It is only possible to trim the blue area with scissors



## Fitting instructions

### 1. Place SpryStep Plus into Shoe

- Take the original inlay out of the shoe, if removable
- The SpryStep Plus should fit into the shoe with minimal distortion to the shoe

### 2. Place Inlay Over the Footplate

- Place original inlay over the top of the SpryStep Plus foot plate
- If the inlay is not removable, disregard this step

### 3. Fitting the SpryStep Plus

- With the shoe laces loose, slide the foot inside the shoe. You may use a shoe horn if needed

### 4. Check the Fit

- Ensure the heel sits flat on the sole and that the shoe heel is not distorted

### 5. Secure the Calf Strap

- Feed the straps through the loop
- If the strap is too long, remove the alligator tab and trim the strap with scissors
- Replace alligator tab
- Fasten strap firmly

### 6. Secure the Fit

- Ensure laces or other fastening mechanisms are firmly tightened
- Ensure comfort with no impingements prior to use





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SpryStep® Plus AFO



## Patient Instruction Guide

### Fitting instructions

#### 1. Place SpryStep Plus into Shoe

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#### 2. Place Inlay Over the Footplate

- Place original inlay over the top of the SpryStep Plus foot plate
- If the inlay is not removable, disregard this step

#### 3. Fitting the SpryStep Plus

- With the shoe laces loose, slide the foot inside the shoe. You may use a shoe horn if needed

#### 4. Check the Fit

- Ensure the heel sits flat on the sole and that the shoe heel is not distorted

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