



To whom it may concern

**MEDICAL SCHOOL**

**SPINAL CORD INJURY CLINIC**

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### MEDICAL REPORT

In our department we propose the Step-On AFO family of products orthoses to all the subjects with drop foot and coexisting varus, or valgus deformities of the ankle foot with or without spasticity.

This particular orthosis is the "gold standard".

We have applied the orthoses regarding the presence or not of spasticity as follows: In persons with spasticity Step-On AFO 200 DH (Dual Hinge) was indicated in most of the cases, while in flaccid paralysis we preferred Step-On AFO 100 LH (Lateral Hinge), or MH (Medial Hinge).

Our material included persons with spinal cord injury, multiple sclerosis, and some cases of acquired brain injury and strokes.

The use of this particular orthoses increased stability decreased the risk of falling, increased velocity and any distance was covered with less fatigue by the patients.

Moreover, varus, or valgus deformities of the ankle foot due to spasticity were corrected in 90% of our sample. Dorsiflexion was improved and equinus was corrected. Pathological gait patterns were corrected in all cases. Another important issue is that the application of a good "on the shelf product" in the early phase of the injury can facilitate the Rehabilitation program during the re-education of walking in this particular patient group. However, it helped also persons in chronic phase to improve the gait pattern and reduce fatigue during walking and increase velocity.

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