

DynaPro® Ankle/Foot/Orthosis (AFO)

The DynaPro® Ankle Foot Orthosis (AFO) is clinically indicated for the treatment of plantarflexion, inversion, eversion contractures of the ankle or to protect the heel from unwanted pressure while in bed. The DynaPro AFO is effective when used for patients with abnormal tone and spasticity. The DynaPro AFO has a semi-rigid insert that can be positioned to accommodate the angle of the ankle/foot with mild to moderate plantarflexion contractures. The DynaPro In-Bed AFO's semi-rigid frame is covered by a laminated foam/cloth cover that can be laundered as necessary. The cover has a non-skid surface that is sewn into the bottom for safe transfers. The DynaPro AFO is intended primarily for recumbent use. The DynaPro AFO has a removable pull strap that can be used to initiate a therapeutic dorsi-stretch to help reverse a mild plantarflexion ankle/foot contracture. A toe post protects the toes from shear forces on the toes from bed covers during in-bed use. The DynaPro AFO has a permanently attached hip rotation bar on the back of the AFO that can be used to control internal or external rotation of the hip while in bed.

Therapeutic Actions

The DynaPro AFO provides therapeutic stretching to reverse ankle/foot contractures. The DynaPro AFO's pull strap can be used to slowly reverse a plantarflexion contracture or inversion/eversion by providing a gentle stretch on the Achilles tendon and gastroc muscles. Inversion/eversion should be treated prior to initiating a dorsi-stretch on the ankle. With pull strap use, patients may realize up to 5 degrees of improvement in ankle range of motion a month. The DynaPro AFO is a flexible device that initiates gentle tension into the muscle of the ankle/foot which has an inhibitory effect, making the DynaPro AFO ideal therapy for patients with abnormal tone and spasticity.

Contraindications

The DynaPro AFO's should not be applied if any part of the device comes in contact with an open wound. DynaPro AFO's should not be used if the ankle/foot has grade three plus edema. Due to its semi-rigid frame, a slight dorsi-stretch may be applied to the ankle/foot. As a result, the DynaPro AFO's should not be applied on an ankylosed ankle or an ankle/foot that is broken or dislocated.

Warnings

The DynaPro AFO should be fit by trained personnel to ensure that the device is correctly applied to the ankle/foot and does not apply unwanted pressure to any surface of the ankle/foot, including the toes. A rotated ankle may require heat molding of the insert so that the footplate of the device is in full contact with the rotated ankle. As dorsiflexion and inversion/eversion is slowly corrected, foot rotation should also improve. Foot plate orientation may have to be modified incrementally as the foot alignment is improved.

All orthotic braces require a break in period. It is recommended that the device be initially worn for 1 hour. Up to one half an hour of wear a day can be added daily until the desired wearing schedule has been achieved. Wearing time should be determined by a physician or treating therapist.

The DynaPro AFO should be removed for a minimum of two hours after six hours of wear.

After a the DynaPro AFO is removed, the ankle/foot should be inspected for redness or signs of unwanted pressure. All redness or skin indentations should be absent within an hour after device removal.

Never apply a the DynaPro AFO if there are red areas on the ankle/foot that may indicate unwanted pressure has been applied by the device. Resume wear after the redness had disappeared. If redness persists, the device should be inspected by a licensed clinician and modified to eliminate any potential pressure points.

The DynaPro® AFO is intended to be for Single Patient Use Only