

## **SoftPro® Gait Trainer Ankle/Foot Orthosis (AFO)**

The SoftPro® Gait Training Ankle Foot Orthosis (AFO) is clinically indicated for the treatment of plantarflexion contractures of the ankle or to protect the heel from unwanted pressure while in bed. The SoftPro Gait Training 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 SoftPro Gait Trainer AFO's semi-rigid frame is covered by a laminated foam/cloth cover that can be laundered as necessary. The SoftPro Gait Trainer AFO is intended primarily for recumbent use. The SoftPro Gait Training 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. An attached toe post protects the toes from shear forces on the toes from bed covers during in-bed use. The SoftPro Gait Trainer 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.

The SoftPro Gait Training AFO has a removeable pad attached to the bottom of the AFO for **limited and assisted weight bearing, transfer and gait training** in the device.

### **Therapeutic Actions**

The SoftPro Gait Training AFO provides anatomically correct positioning therapy for the ankle/foot to maintain ankle range of motion and to eliminate further plantarflexion of the ankle/foot. When used, the SoftPro Gait Trainer AFO's pull strap can initiate an enhanced therapeutic dorsi-stretch to help reverse a mild plantarflexion ankle/foot contracture. With pull strap use, patients may realize up to 5 degrees of improvement in ankle range of motion a month.

### **Contraindications**

The SoftPro Gait Trainer AFO should not be applied if any part of the device comes in contact with an open wound. The SoftPro Gait Trainer AFO should not be used if the ankle/foot has grade three plus edema. The SoftPro™ Ambulating AFO should not be applied on an ankylosed ankle or an ankle/foot that is broken or dislocated.

### **Warnings**

The SoftPro Gait Trainer 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.

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 SoftPro Gait Trainer AFO should be removed for a minimum of two hours after six hours of wear.

After the SoftPro Gait Trainer 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 the SoftPro Gait Trainer 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 SoftPro Gait Trainer AFO should not be used for unassisted weight bearing, transfer or ambulation.

**The SoftPro® Gait Trainer AFO is intended to be for Single Patient Use Only**