

**ottobock.**

# WalkOn Family. Walking unlimited.

Dynamic ankle-foot orthoses

Quality for life

Information for practitioners











## The carbon AFOs.

The WalkOns are a comprehensive range of dynamic ankle-foot orthoses (AFOs) made of carbon or fibreglass with a dynamic energy return. Children and adolescents as well as adults with various degrees of drop foot can use them.

In addition to the classic design with a posterior support element at the calf, there is an even more flexible variant with a coil spring design and the WalkOn Reaction with an anterior support element that provides additional stability for the knee. With the classic WalkOn design and with the knee-stabilising WalkOn Reaction, you can also select either a medial or a lateral bar. The orthosis can thus be used for customised treatment, depending on the indication, anatomical situation and personal preferences. The available junior versions can also be combined with other dynamic foot/ankle-foot orthoses (DAFOs) if the biomechanical requirements can be met more effectively as a result.

All models feature a slim, lightweight design that has also been optimised for durability. Adult versions are tested for two million cycles (= steps) and junior versions for one million cycles.

Compliance is also optimised for all the variants with removable and washable pad/strap combinations.

## Which WalkOn is the right one?

### Selecting an orthosis made easy.



The selection tool on page 5 gives you an initial recommendation on which WalkOn could be suitable for your patient based on their muscle status and other anatomical criteria.

The table on pages 6 and 7 gives you an overview of the indications and the product design of the different WalkOns.

The functions of the individual WalkOns are presented clearly on page 8.

# WalkOn

## Selection Tool.

### Muscle status according to Janda

- 0 No visible and/or palpable muscle contraction
- 1 Visible and/or palpable muscle contraction with no motor effect
- 2 Pronounced muscle tension, movement is possible when gravity is suspended
- 3 Movement against gravity is possible
- 4 Movement against low to medium resistance is possible
- 5 Movement with normal strength

### Determine muscle status



### Knee stabilisation required?

No

Yes

### Patient with ankle instability?

No

Yes

Yes

### Patient with pronation or valgus malposition?

No

No

Yes

Yes

No



**WalkOn  
Flex  
28U22**



**WalkOn  
28U11**



**WalkOn  
Trimable  
28U23**



**WalkOn  
Lateral  
28U33**



**WalkOn  
Reaction Lateral  
28U34**






**WalkOn  
Reaction  
28U24**



**WalkOn  
Reaction Plus  
28U25**

## WalkOn Family.

Appropriate solutions for your patients.

			
	<b>WalkOn Flex 28U22</b>	<b>WalkOn 28U11</b>	<b>WalkOn Trimable 28U23</b>
<b>Drop foot</b>	No/mild spasticity	No/mild spasticity	No/mild spasticity
<b>Plantar flexor musculature</b>	—	—	—
<b>Knee extension</b>	—	—	—
<b>Sole can be trimmed to size</b>	Yes	—	Yes
<b>Pylon design</b>	Medial	Medial	Medial
<b>Support element</b>	Posterior	Posterior	Posterior
<b>Material</b>	Fibreglass prepreg	Carbon fibre prepreg	Carbon fibre prepreg
<b>Adult size</b>	Yes	Yes	Yes
<b>Children's size</b>	Yes	No	No

### 28U22 WalkOn Flex





### 28U11 WalkOn

### 28U23 WalkOn Trimable

### 28U33 WalkOn Lateral

Indication of drop foot, with or without mild spasticity, e.g. caused by:

- ▶ Peroneal paralysis
- ▶ Stroke
- ▶ Traumatic brain injury
- ▶ Multiple sclerosis
- ▶ Neural muscular atrophy

			
WalkOn Lateral 28U33	WalkOn Reaction Lateral 28U34	WalkOn Reaction 28U24	WalkOn Reaction Plus 28U25
No/mild spasticity	No/mild/moderate spasticity	No/mild/moderate spasticity	No/mild/moderate spasticity
—	Mild impairment	Mild impairment	Impairment
—	Mild impairment	Mild impairment	Impairment
Yes	Yes	Yes	Yes
Lateral	Lateral	Medial	Medial
Posterior	Anterior	Anterior	Anterior
Carbon fibre prepreg	Carbon fibre prepreg	Carbon fibre prepreg	Carbon fibre prepreg with Dyneema reinforcement
Yes	Yes	Yes	Yes
Yes	No	No	Yes

#### 28U34 WalkOn Reaction Lateral

#### 28U24 WalkOn Reaction

#### 28U25 WalkOn Reaction Plus

Indication of mild impairment of the plantar flexor musculature, mild impairment of knee extension or drop foot with or without mild to moderate spasticity, e.g. caused by:

- ▶ Stroke
- ▶ Traumatic brain injuries
- ▶ Multiple sclerosis
- ▶ Neuromuscular atrophy
- ▶ Peroneal paralysis
- ▶ Infantile cerebral palsy (ICP)

Additional indications for

28U25 WalkOn Reaction Plus:

- ▶ Impairment of the plantar flexor muscles
- ▶ Impairment of knee extension







# WalkOn Family

## At a glance.

	WalkOn Flex	WalkOn	WalkOn Trimable	WalkOn Lateral	WalkOn Reaction Lateral	WalkOn Reaction	WalkOn Reaction Plus
	28U22	28U11	28U23	28U33	28U34	28U24	28U25
Effectively supports a physiological gait, even at different speeds and with different loads	●	●	●	●	●	●	●
Supports dorsiflexion (ground clearance)	●	●	●	●	●	●	●
Reduces the risk of stumbling and falling	●	●	●	●	●	●	●
Prevents uncontrolled foot contact and foot drop	●	●	●	●	●	●	●
Energy return supports toe-off and heel strike	●	●	●	●	●	●	●
Fewer compensating movements	●	●	●	●	●	●	●
Greater flexibility while walking	●						
Improves walking on uneven surfaces (in comparison with WalkOn)	●						
Stabilises the ankle joint		●	●	●			
Limits plantar flexion and supination when worn with a sturdy shoe		●	●	●			
High energy return of the orthosis		●	●	●	●	●	●
Stabilises the knee and ankle joints using ground reaction forces					●	●	●
Noticeably longer support element makes it possible to exert greater influence on deviations of the frontal axis in the knee and ankle joints					●	●	●
Highly dynamic characteristics					●	●	
Dynamic forefoot characteristics are stiffer (compared with the WalkOn Reaction)							●



## Adult sizes.

### WalkOn Flex, WalkOn, WalkOn Trimable

Article number		Side	Shoe size	Height
28U22	=L36-39	Left	36-39	36 cm
28U11				
28U23	=R36-39	Right	39-42	36 cm
28U22	=L39-42	Left		
28U11			42-45	37 cm
28U23	=R39-42	Right		
28U22	=L42-45	Left	45-48	39 cm
28U11				
28U23	=R42-45	Right		
28U22	=L45-48	Left		
28U11				
28U23	=R45-48	Right		

Example for ordering: 28U22=L42-45

### WalkOn Lateral, WalkOn Reaction Lateral

Article number		Side	Shoe size	Height
28U33	=L36-39	Left	36-39	32.5 cm
28U34	=R36-39	Right		
28U33	=L39-42	Left	39-42	35 cm
28U34	=R39-42	Right		
28U33	=L42-45	Left	42-45	37 cm
28U34	=R42-45	Right		
28U33	=L45-48	Left	45-48	39 cm
28U34	=R45-48	Right		

Example for ordering: 28U33=L42-45

### WalkOn Reaction, WalkOn Reaction Plus

Article number		Side	Shoe size	Height
28U24	=L36-39	Left	36-39	33.3 cm
28U25	=R36-39	Right		
28U24	=L39-42	Left	39-42	35.5 cm
28U25	=R39-42	Right		
28U24	=L42-45	Left	42-45	37.7 cm
28U25	=R42-45	Right		
28U24	=L45-48	Left	45-48	40 cm
28U25	=R45-48	Right		

Example for ordering: 28U24=L42-45





## Children sizes.

### WalkOn Flex Junior

Article number		Side	Shoe size	Height
28U22	=L24-27	Left	24-27	20.5 cm
	=R24-27	Right		
28U22	=L27-30	Left	27-30	24 cm
	=R27-30	Right		
28U22	=L30-33	Left	30-33	27 cm
	=R30-33	Right		
28U22	=L33-36	Left	33-36	29.5 cm
	=R33-36	Right		

Example for ordering: 28U22=L30-33

### WalkOn Lateral Junior

Article number		Side	Shoe size	Height
28U33	=L24-27	Left	24-27	20.5 cm
	=R24-27	Right		
28U33	=L27-30	Left	27-30	24 cm
	=R27-30	Right		
28U33	=L30-33	Left	30-33	27 cm
	=R30-33	Right		
28U33	=L33-36	Left	33-36	29.5 cm
	=R33-36	Right		

Example for ordering: 28U33=L30-33

### WalkOn Reaction Junior

Article number		Side	Shoe size	Height
28U25	=L24-27	Left	24-27	20.5 cm
	=R24-27	Right		
28U25	=L27-30	Left	27-30	24.5 cm
	=R27-30	Right		
28U25	=L30-33	Left	30-33	27 cm
	=R30-33	Right		
28U25	=L33-36	Left	33-36	29.4 cm
	=R33-36	Right		

Example for ordering: 28U25=L30-33







## Easy-fit orthoses.

### Sole and pronation strap.

The orthoses in the WalkOn product range are particularly lightweight and comfortable to wear thanks to their anatomical design. For an optimal fit, the soles can generally be trimmed to size using ordinary scissors. A lateral pronation strap can also be used.



#### **Soles easily trimmed to size**

- 1** Before adjusting the sole, place the orthosis on the patient's foot. This allows you to determine the correct distance of the longitudinal arch from the posterior edge of the heel. If the user is wearing shoes with a removable insole, you can use this as a pattern for trimming the orthosis. Ensure that the sole is correctly positioned as described above so movement of the patient's Achilles tendon is not restricted by the orthosis.
- 2** Trim the sole of the orthosis as marked. Do not reduce the lateral edge more than necessary. This prevents the spring from pressing against the foot or ankle. Make reductions from both sides only if you determine that the sole should be narrower.

Using an insole on the orthosis sole is generally recommended.



#### **Lateral pronation strap for added support**

The 28Z10 lateral pronation strap is another option for additional support in the orthoses. It is included with the WalkOn Reaction and the WalkOn Reaction Plus and can be ordered as an option for the other orthoses. The principle of the lateral pronation strap is well understood and is still widely used today in the classic Valens calliper. However, unlike this conventional method, the 28Z10 lateral pronation strap is not attached to the shoe, but is instead worn inside it. This allows the user to change their shoes at any time.

All information on how to fit the WalkOn Reaction and the WalkOn Reaction Plus can be found in the instructions for use included with the product.

## The WalkOn FitKits.

Find the appropriate orthosis for every patient.



Fit Kits are available for all WalkOn orthoses to ensure your patients receive the best possible treatment. These interim orthoses are designed to assess which WalkOn orthosis is suitable for the patient with respect to the size and applicable indication.

Fit Kit for	Article no.	Sizes included (adapted to the smallest size in each case)	Corresponding instructions for use
28U22 WalkOn Flex	28T2	R36-39, R42-45, L36-39, L42-45	647G1530=all_INT
28U22 WalkOn Flex Junior	28T9	R24-27, R27-30, R30-33, R33-36, L24-27, L27-30, L30-33, L33-36	
WalkOn 28U11	28T1N	R36-39, R42-45, L36-39, L42-45	
WalkOn Trimable28U23	28T1N	R36-39, R42-45, L36-39, L42-45	
28U33 WalkOn Lateral	28T6	R36-39, R42-45, L36-39, L42-45	
28U33 WalkOn Lateral junior	28T16	R24-27, R27-30, R30-33, R33-36, L24-27, L27-30, L30-33, L33-36	647G816=all_INT
28U34 WalkOn Reaction Lateral	28T5	R36-39, R39-42, R42-45, R45-48, L36-39, L39-42, L42-45, L45-48	
28U24 WalkOn Reaction	28T3	R36-39, R39-42, R42-45, R45-48, L36-39, L39-42, L42-45, L45-48	
28U25 WalkOn Reaction junior	28T5	R24-27, R27-30, R30-33, R33-36, L24-27, L27-30, L30-33, L33-36	
28U25 WalkOn Reaction plus	28T4	R36-39, R39-42, R42-45, R45-48, L36-39, L39-42, L42-45, L45-48	



