



# NEURODYN®-CLASSIC

**SPORLASTIC**

Fußheber-Orthese – Textile Orthese zur dynamischen Kompensation schlaffer Lähmungen

Foot Lifting Support

Orthèse pour parésies du péronier

Prótesis ortopédica levantapiés

Cavigliera per tibiotarsica

Voetheffer-orthese

Orteza podnosząca stopę



# INSTRUCTIONS FOR USE GB

Dear Customer,

we would like to ask you to follow these Instructions for Use with care. If you should have any queries, ask the doctor treating you, at your nearest stockist or contact us directly.

## FUNCTION

The NEURODYN®-CLASSIC foot levator orthotic device enables free plantar flexion of the foot for a good return of the foot during the swinging phase while walking, thereby ensuring an almost completely natural movement.

The two semi-elastic bridles (1, 2) support foot lifting. The 8-shape bridle lacing stabilises the ankle joint. The non-elastic side bridle (3) provides lateral support and helps to prevent ankle sprains.

The elastic, dynamic design ensures proprioception since the sole of the foot is hardly influenced while walking, thereby significantly promoting balance and co-ordination.

The materials of the product are latex-free!

## INDICATIONS

- Peroneal paralysis  
all degrees of intensity, especially light to moderate  
foot and toe lift paralysis (degree of strength 2 - 4)

## CONTRA-INDICATIONS

Generally speaking you should see the doctor treating you about the indication and method of wearing an orthopaedic aid and if you have the following conditions:

- Allergic, inflammatory or lesion-specific skin alterations (e.g. swelling, reddening) of the body areas being treated.
- Impaired circulation or lymphatic soft tissue swelling.
- Neurogenically-specific organoleptic and skin trophic disorders in the body area being treated (sensory disorders with and without skin damage).

So far not consequential incompatibilities or allergic reactions have been reported.

## SIDE-EFFECTS

With proper use and proper fitting, so far there have been no reports of serious general side-effects.

Local pressure symptoms and impaired circulation can be prevented with sufficient certainty on an individual basis if allowance is made for any contraindications and with non-restricting consistently shaped body fitting.

## FITTING

### Applying the NEURODYN®-CLASSIC foot levator orthotic device:

Ideally, the NEURODYN®-CLASSIC foot levator orthotic device is worn directly on the skin, but it can also be worn over a tight-fitting stocking.

**TIP:** To simplify the application ensure that the foot is dry

when the orthotic device is applied and do not use any foot care products (e.g. cream).

To apply the foot levator orthotic device sit on the edge of a strong chair.

Open the Velcro fasteners of the orthotic device.

Pull the orthotic device over your forefoot.

Insert a finger in the finger loop at the back of the orthotic device and pull it upwards over the heel.

**TIP:** Ensure that the knitted fabric fits smoothly over the heel and that the seams are centred over the back of the foot and heel. This is very important for the correct course of the bridles.

### Closing the NEURODYN®-CLASSIC and applying the bridles

Place the entire foot firmly on the floor.

Arrange the bridles 1, 2 and 3 properly on the floor **1**.

**TIP:** The uneven ciphers 1 and 3 of the bridles are positioned on the outer side of the foot - as seen by yourself - while the even cipher 2 is on the inner side of the foot.

First close the lower of the three Velcro fasteners around the lower leg, followed by the top one and finally the middle fastener **2**.

**TIP:** If necessary, readjust the tension of the Velcro fasteners to achieve a comfortable, yet stable hold of the orthotic device around the lower leg. A stable hold on the lower leg is important so that the bridles can take up the lever forces and to stop the orthotic device from slipping.

Then push the thigh or knee forward as far as possible. Alternatively, press the front part of the foot against a table leg or other firm object and press the foot to form an angle of 20° - 30° in relation to the lower leg **6**.

### IMPORTANT: Keep the heel firmly on the floor all the while the orthotic device is being applied!

This achieves the necessary initial bridle tension to support foot lifting. The foot has a higher ground clearance during the swinging phase while walking. Moreover, the risk of falling is reduced.

### Applying bridle 1 (3)

First pull bridle 1 vertically upwards and then firmly in a slanting manner over the back of the foot above the ankle and around the lower leg and secure to the faster on the back.

### Applying bridle 2 (4)

Bridge 2 is conducted in the opposite direction to bridle 1, over the back of the foot and above the ankle and firmly pulled over bridle 1 and secured with the fastener (8-shape lacing).

**TIP:** Ensure that bridle 2 is secured so that it matches over the fastener of bridle 1 to avoid damaging the stockings. 8-shape bridle lacing supports forefoot lifting and stabilises the upper ankle.

### Applying bridle 3 (5)

Finally conduct the non-elastic bridle 3 with an upward pull around the outer side of the ankle. Lift the outer edge of the foot slightly with the bridle. Then secure bridle 3 to the large fastener of bridle 2.

**TIP:** Bridle 3 must be laced vertically upwards. When applying bridle 2 ensure that the Velcro fastener for bridle 3 is conducted around the lower leg and positioned in such a manner that bridle 3 can be vertically laced. The recess in the bridle prevents pressure points on the outside of the ankle.

Das The correctly applied bridle 3 stabilises the ankle and prevents ankle sprains when walking **6**.

### The function and stability of the NEURODYN®-CLASSIC foot levator orthotic device can be enhanced with a laced shoe.

### General application instructions

The correct application of the orthotic device on the foot is decisive for NEURODYN®-CLASSIC to functionally support foot lifting.

Ensure that the knitted fabric is properly fitted and that the bridles are correctly laced (no folds); readjust should this prove to be necessary. Repeated use of the orthotic device will enable you to acquire experience which, in turn, will help you to optimally exploit the function of the device.

Excessive lengths of bridle 1 and 2 can be cut off.

## IMPORTANT

The product is to be used by one patient only.

Improper modifications to the product and/or improper use of the product referred to above exempt the manufacturer from product liability. Please make sure to always close the Velcro fasteners properly. As a matter of principle, damage arising from improper fastening of the Velcro fasteners is not accepted as grounds for claims.

You ought to discuss potential reciprocal health risks or other disadvantages with specific treatments that may arise in connection with the use of the product with the doctor treating you.

For the product to work effectively over a long period, it must not be worn in conjunction with fatty or acidic remedies, ointments or lotions.