



**NEURODYN®-SPASTIC**  
**SPORLASTIC**

Foot Levator Orthotic Device - Textile orthosis to compensate spastic foot levator paresis



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®-SPASTIC foot levator orthotic device enables free foot lowering (plantar flexion) in the pressing phase, thereby ensuring a good return of the foot during the swinging phase while walking. Moreover, supination (turning the foot inwards) is reduced to enable an almost completely natural movement.

The two semi-elastic bridles (1, 2) enable the pressing phase, support foot lifting and stabilise the ankle joint on account of the 8-shaped lacing of the bridles. The non-elastic side bridle (3) provides lateral support and helps to prevent ankle sprains and lifts the foot laterally (pronation).

The bridles 4 and 5 support foot lifting, while bridle 5 likewise contributes to the raising of the outer foot edge. This brings the inwards directed foot to a near physiological position. This correction also helps to prevent falls.

The materials of the product are latex-free!

**IMPORTANT:** The correct application of the orthotic device on the foot is of decisive importance for ensuring effective, functional support when lifting the forefoot, correcting a mal-positioned foot and for pleasant wearing comfort.

Please take the time to practice correct application!

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

## INDICATIONS

– Spastic foot levator paresis

## 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®-SPASTIC foot levator orthotic device:**

Ideally, the NEURODYN®-SPASTIC 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 of the orthotic device 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®-SPASTIC and applying the bridles:**

Place the entire foot firmly on the floor.

Arrange the bridles 1, 2 and 3, as well as bridles 4 and 5, properly on the floor **1**.

**TIP:** The bridles with the uneven numbers 1, 3 and 5 are positioned on the outer side of the foot - as seen by yourself - while the bridles with the even numbers 2 and 4 are positioned 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.

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 use this to press the foot as far as possible towards the lower leg.

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

**TIP:** 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.

**IMPORTANT:** Depending upon the degree of arm paralysis, a second person may be necessary to assist, particularly with the bridles 2 and 3.

**Applying bridle 2 (4)**

Bridle 2 is conducted in the opposite direction to bridle 1, over the back of the foot and above the ankle and firmly pulled over the Velcro fastener of bridle 1 and secured at the back of the lower leg (8-shaped lacing).

**TIP:** Ensure that bridle 2 is secured at the back of the foot with bridle 1 in such a manner that part of the fastener of bridle 1 remains free so that bridle 4 can then be secured.

8-shape bridle lacing supports forefoot lifting and stabilises the upper ankle.

**Applying bridle 3 (5)**

Now 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.

The correctly applied bridle 3 stabilises the ankle and prevents ankle sprains when walking, and it raises the outer foot edge.

**Applying bridle 4 (6)**

Conduct bridle 4 from the foot inner edge to the free section of Velcro fastener of bridle 1 and secure.

**TIP:** Bridle 4 additionally supports forefoot lifting.

**Applying bridle 5 (7)**

Try to slightly lift the foot outer edge with bridle 5 and then secure the bridle in such a manner that it covers the fastener of bridle 4.

**TIP:** If, when lifting the foot outer edge, you simultaneously press the knee of the affected leg slightly outwards, then this will have an intensifying effect on the correction of the (supinated) mal-positioned foot.

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

**Removing the NEURODYN®-SPASTIC**

Open all Velcro fasteners to remove the orthotic device.

**TIP:** To make removal easier insert a finger between the knitted fabric and the heel on the inner side of the foot. Push the knitted fabric over the heel, take hold of the bridles and pull off the orthotic device over the forefoot.

**General application instructions**

The correct application of the orthotic device on the foot is decisive for NEURODYN®-SPASTIC 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 recognise correct bridle lacing and sense the right pull when applying the individual bridles. Excessive lengths of bridle 1 and 2, as well as 4 and 5, can be cut off.

Effective passive correction by the orthotic device will give you greater confidence when walking and help you improve coordination in day-to-day life as well as during rehabilitation measures.

## 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.

## QUALITY MANAGEMENT SYSTEM

All SPORLASTIC GmbH products undergo product testing as part of our Quality Management System.

However, should you have any complaints about our product, please get in touch with your stockist or directly with us.

## CARE

Wash NEURODYN®-SPASTIC in lukewarm water with a cold-water detergent and air dry. Do not place on a radiator.

**TIP:** Slackening tension of the knitted fabric while it is being worn is revived by washing. The bandage should therefore be washed frequently.

## MATERIAL COMPOSITION

67% Polyamide, 33% Elasthan