

# 50S1 Dyna Ankle

Dynamic Ankle Orthosis  
designed by Prof. Dr. Grifka



Quality for life

# Dyna Ankle

## Indication, Function and Effects

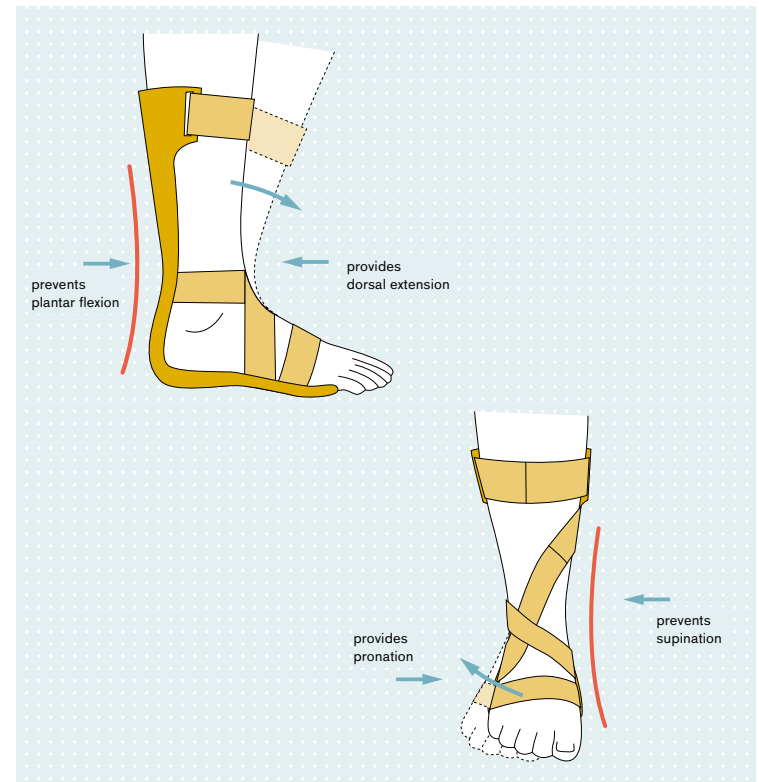
Ankle joint distortions with lateral ligament ruptures are commonly caused by forced plantar flexion-supination. This usually affects the anterior talofibular ligament making it important to relieve ligamentous strain during orthotic treatment.

Dyna Ankle, the dynamic ankle orthosis designed for functional treatment, places the foot in moderate pronation and dorsiflexion. The dynamic restraint limits plantar flexion and supination (best reduction rate in comparison\*), while preserving range of motion in pronation and dorsiflexion.

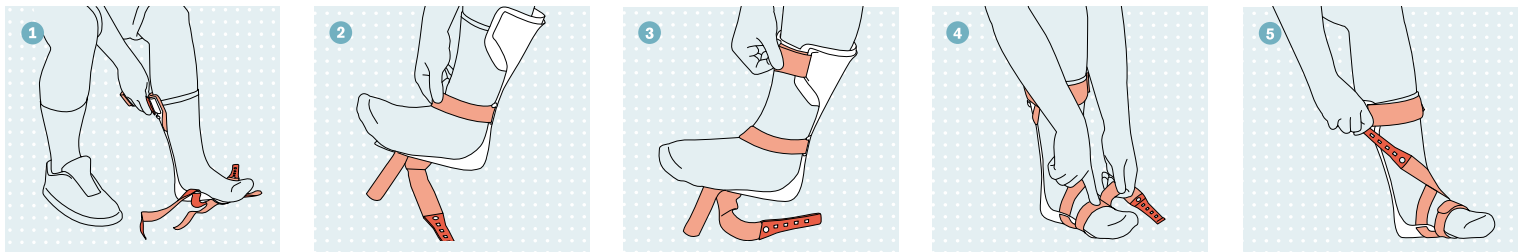
\* Source:  
J. Matussek, "Sprunggelenksorthesenprüfung unter Einsatz eines neu entwickelten plyometrischen Testverfahrens" (Testing ankle orthoses by means of new plyometric technique) Received the MOT-award in 2000.

Published in:  
Med. Orth. Tech. 120 (2000), p. 72-81.  
(646D103, only available in German)

### Support you can rely on



## Applying the Orthosis



- 1 Place the foot in the plastic shell and slide the heel to the back.
- 2 Pull the lower hook and loop strap from the inside of the foot across the top of the foot, through the outer plastic guide, and tighten the strap so that the heel fits snugly in the shell.
- 3 Put the upper hook and loop strap through the plastic loop and fasten it.

- 4 Fasten the hook and loop strap on the forefoot as well.
- 5 Slightly stretch the elastic functional strap and fasten it. The shape of the orthosis and tension of the strap ensure that the joint is correctly positioned and reduce displacement. Putting on the shoe over the orthosis, make sure the laces are loose enough to allow the shoe to slip on easily.

# Application, Design and Fitting of the Orthosis

The trimlines and straps are positioned to leave the outer ankle free, and allow for immediate application following injury. Pressure points are avoided and heat and ice may be applied with the orthosis in place.

After serving its initial function as an immobilizer during the first two weeks, and subject to physicians approval, the orthosis may be worn during weight bearing activities. For stability, the Dyna Ankle is generally worn six weeks, both day and night, and should be removed only for showering.

The injection molded polypropylene orthosis may be slightly modified with heat. Do not heat to temperatures exceeding 90 °C (194°F).

Dyna Ankle comes with extra long straps which can be shortened to the appropriate length during the fitting. The orthosis is waterproof and easy to care for.

## Dyna Ankle Features

- The Dyna Ankle Orthosis is multifunctional: without shoe it can be used for stability while sleeping and, subject to physicians approval, it may be worn in the shoe during weight-bearing activities
- Suitable for immediate post-traumatic application
- Local treatment, such as applying ice, is possible with the orthosis in place
- Open outer ankle design avoids pressure points
- Can be custom fitted by the orthopedic technician
- Unique foot plate shape and the dynamic restraint system offer precise guidance
- Ideal pressure distribution
- Hygienic



### Dyna Ankle

#### Sizes

Article number	Side		Shoe size
	left	right	
50S1	left	right	35-37
	left	right	37-39
	left	right	39-41
	left	right	41-44

# Test Results (excerpt)

## Latest comparative tests prove:

the Dyna Ankle provides the “best possible protection”, and the highest reduction of supination angle – with maximum comfort.\*

\* Source:

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## Average reduction of the angle of supination achieved through the tested orthoses in comparison with barefoot jump.

