



Otto Bock®

QUALITY FOR LIFE

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We would be glad to help you
if you have additional questions or requests.

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Otto Bock HealthCare GmbH
Max-Näder-Straße 15 · 37115 Duderstadt/Germany
Phone +49 5527 848-0 · Fax +49 5527 848-1524
healthcare@ottobock.de · www.ottobock.com

Free Walk Orthosis

User Information

Free Walk-Orthosis – Movement with Swing

170K1

What is Free Walk?

Free Walk is a special orthosis system that will allow you again to be able to walk almost normally and stand securely. A mechanism on the knee joint locks the orthosis during the stance phase and disengages it for the swing phase. You can bend your leg and expend less energy while walking. At the same time, you relieve your joints and back thanks to the smooth gait you have reattained. Free Walk is light and stable. Under your clothing, the orthosis is hardly noticeable.

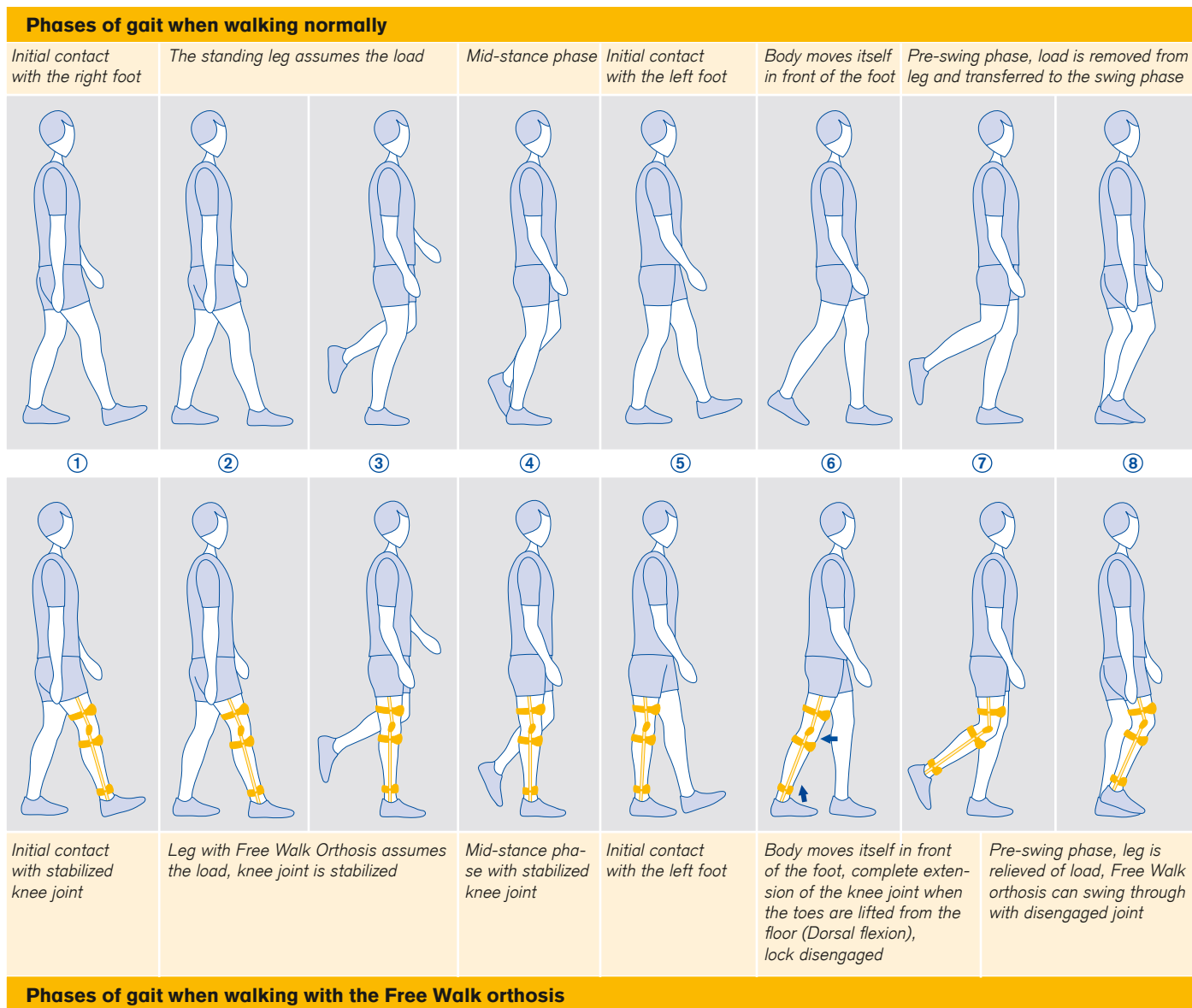
What advantages does Free Walk have?

Free Walk fulfills the function of a locked orthosis and supports you while standing. However, as opposed to conventional orthoses, you can swing your leg through while walking with Free Walk. In this way, you receive an almost normal gait pattern. A compensatory movement, as with a conventional locked orthosis, is not required. Walking is less straining and you can cover longer stretches.

Moreover, the Free Walk orthosis is especially light, narrow and stable all at the same time. Padding made of material that is kind to the skin ensures wearing comfort. The orthosis is easy to apply and remove.

Who provides you with the Free Walk orthosis?

Your treating physician gives you an orthosis prescription for the Free Walk orthosis. Your Orthotist individually adjusts the orthosis to your body. He produces a contour drawing of your leg and measures it. On the basis of the measurements, your individual Free Walk orthosis is prepared. The Orthotist adjusts it to you and explains to you how it works.



How do you learn to walk with the Free Walk?

You take your first steps with the Free Walk orthosis during the trial fitting with your Orthotist. He will explain to you in detail how it functions and how to handle it. Following this, you will practice walking, as well as sitting and standing up, with your Orthotist or your physical or occupational therapist. You and your Orthotist or therapist design a practice program so that you will be able to walk securely and without fear with the Free Walk orthosis.

How does the Free Walk orthosis function?

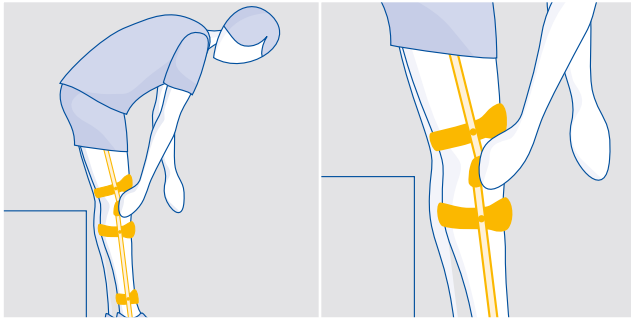
The Free Walk orthosis is controlled by a connection between the orthotic knee joint, the orthotic ankle joint and the insole that guides your foot. You alone decide when you would like to bend your knee. To do so, you must first extend your knee all the way when your toes leave the floor while walking. This movement is described in picture 6 (natural way of moving while walking, below). As a result, the lock in the orthotic knee joint disengages itself and you can bend your leg for the swing phase. The orthotic knee joint locks itself when you completely extend your leg before moving. You can therefore consciously control the disengagement by simply extending the knee while simultaneously bending the ankle joint. If you avoid this movement, the orthosis remains locked, for example, when you would like to stand.

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How can you disengage the Free Walk orthosis manually?

You can loosen the Free Walk with your hand by disengaging it directly on the orthotic knee joint (see illustration below). This makes it easier to sit down.



How to put on the Free Walk orthosis?

You can simply apply and remove the Free Walk while sitting. Special quick buckles help you do this.

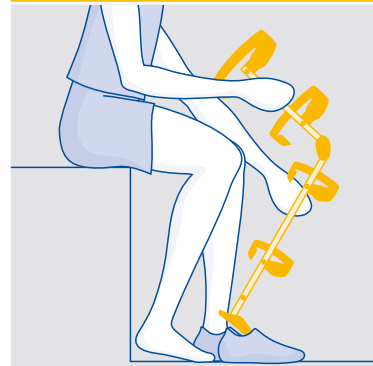
How to clean your Free Walk orthosis?

It is best if you clean the buckles and padding with warm water and ph-neutral soap. If it is very dirty, your medical supplies store or Orthotist will exchange the parts for you. Make an appointment with your Orthotist in advance for exchanging parts. By doing so, you ensure that he or she has the desired parts in stock.

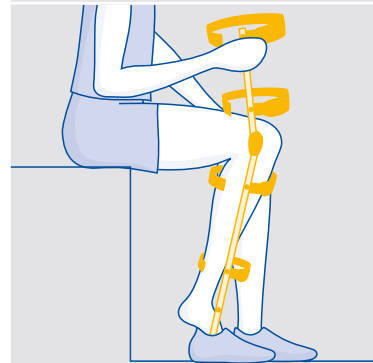
Let your orthosis be checked by your Orthotist at least every six months.

If your orthosis squeaks, please do not apply any lubricants because this will endanger the functioning of your orthosis and thus your security. Talk to your Orthotist.

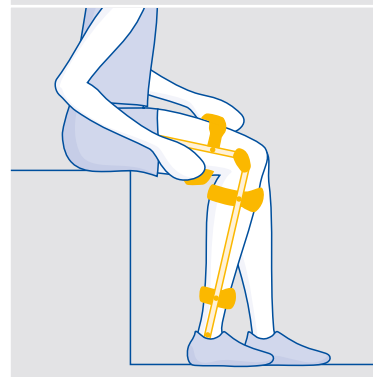
Putting on the orthosis



Place the foot part of the orthosis in your shoe, apply the Free Walk orthosis while sitting



First place your foot in the shoe, then apply the orthosis to your leg



Fasten the orthosis to the leg by closing the quick buckles