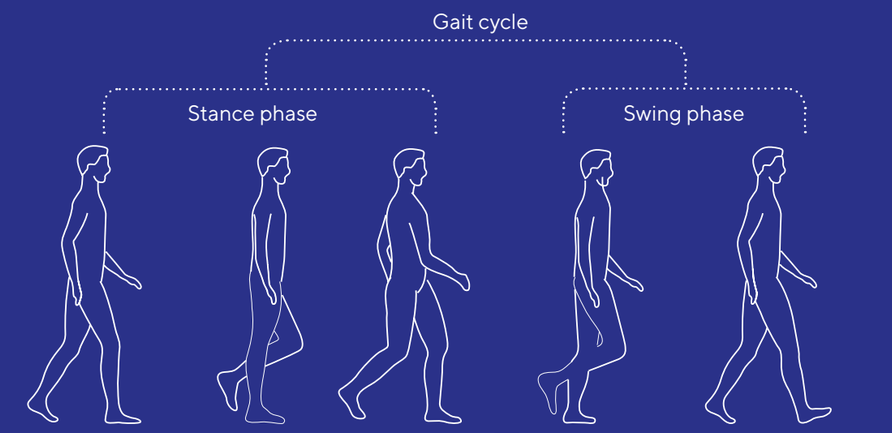
THUASNE

SpryStep®
SOLUTIONS

Dynamic ankle-foot orthosis
(AFO)

IMPROVING MOBILITY
WITH EVERY STEP

THE TWO SHELL CONFIGURATIONS,
ANTERIOR OR POSTERIOR, ALLOW TO ADDRESS
DIFFERENT TYPOLOGY OF BIOMECHANICAL DEFICITS.

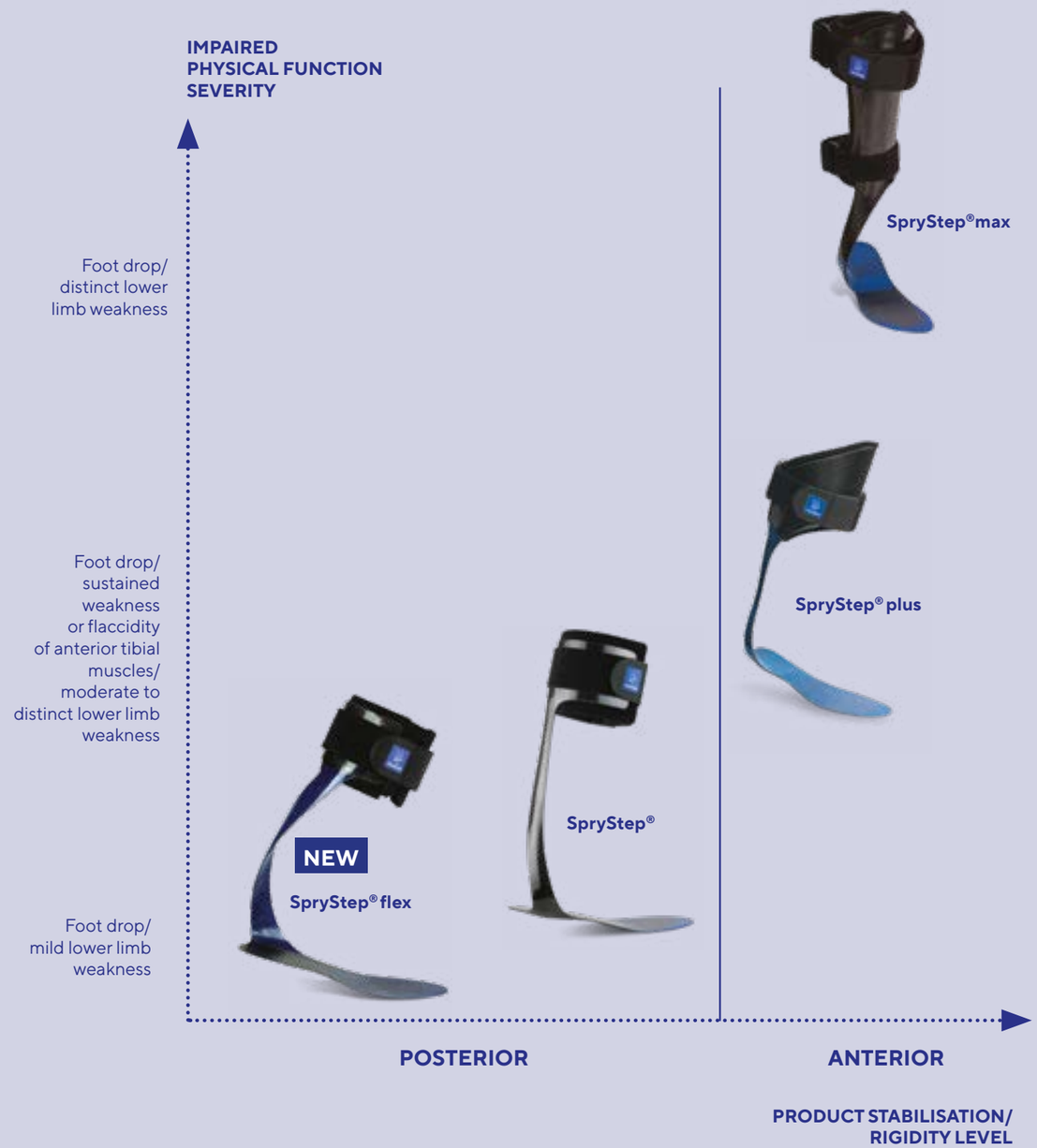


ANTERIOR	POSTERIOR
Primary function is to provide **reaction force** to assist in **controlling the knee**	Main function is to provide **external force** to **control the ankle**
Main muscle weakness are **posterior calf muscles**	Main muscle weakness are **anterior tibial muscles**
Most impact in late stance phase	Most impact in early swing phase

Anterior

Posterior

SpryStep® A COMPLETE RANGE
FOR PATIENTS WITH LOWER LIMB WEAKNESS



SpryStep® RANGE:

Defined by elegance, Thuasne's SpryStep® range of AFOs is transforming the way people move. Using a proprietary blend of composite materials, the SpryStep comes in a variety of solutions that are improving mobility and quality of life for patients.

EFFICACY

- **Energy return provided** by an optimal brace structure and the combination of high-quality composite materials.
- **Balance restoration** with a specific 3-point force system geometry which enhances foot and ankle motion and knee stabilisation
- **Improvement of gait** thanks to strut stiffness and graduated footplate flexibility

DURABILITY

- **Durable device** that uses a well-balanced combination of composite materials in a brace structure that maximizes their properties
- **Resistant**: 2 million cycles without any compromise of the structural integrity*
  (2 million cycles, equivalent to about 2 years of use)

COMFORT

- **3D-shaped inner padding**, high density foam with soft surface

PRACTITIONER FRIENDLY

- **Pre-assembled product**
- **Easy adjustment**, fitting and care: low profile device to improve compliance
  - anatomically shaped design,
  - low materials thickness
  - adapted to individual calf size thanks to removable and trimmable straps
  - washable fabric part
- **Trimmable footplate** to fit the foot length

* cycle-testing has been performed under ISO 10328 Servo-Pneumatic Test System

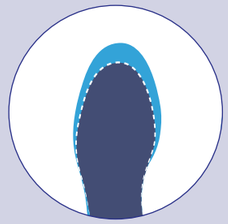
SpryStep® flex

SpryStep®

SpryStep® plus

SpryStep® max

Sole pattern



Use the original sole of the shoe to determine the size of the pattern
Trace it on the **SpryStep®** sole

Cutting out the SpryStep® sole
Use scissors to trim the **SpryStep®** sole
Only the blue area can be cut

SpryStep® flex

INDICATIONS

Foot drop of:

- neurological origin from central nervous system (motor impairment due to stroke, multiple sclerosis, Parkinson's disease, spinal cord injury, cerebral palsy, etc.)
- peripheral nervous system (neuropathy, nerve injuries, nerve damage, radiculopathy) or muscular origin (muscular dystrophy, congenital myopathy, etc.) without knee impairment

Sprystep® flex is adapted for dynamic patients with high impact activities (walking, running...)

Posterior-lateral strut

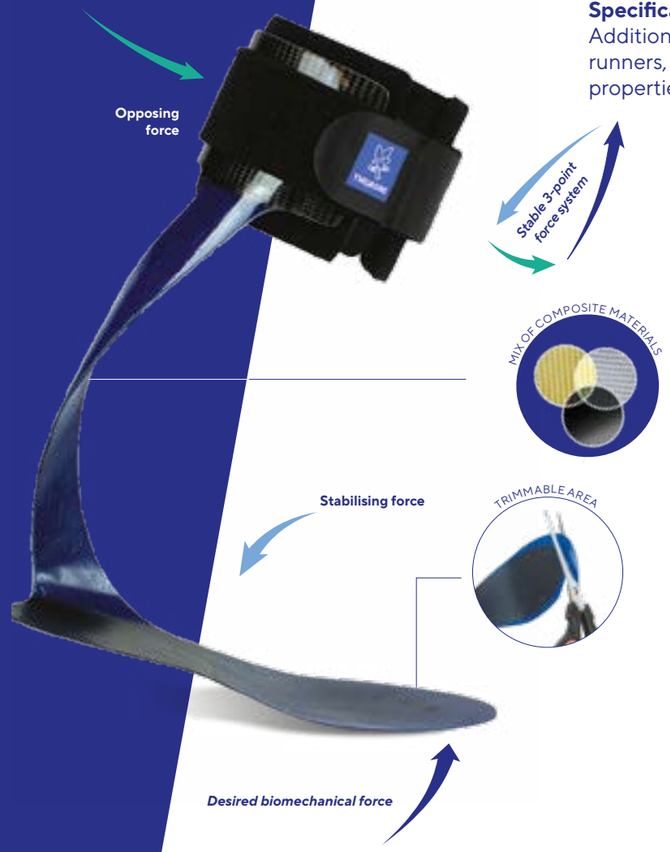
SpryStep® flex is the newest member of the **SpryStep®** family. It features the same posterior-lateral strut as **SpryStep®**, but the greater spiral curve of the strut and a different material blend give the **SpryStep®** flex more flexibility.

Design achievements and flexible properties

Adapted for the most active patients, the unique design of the **SpryStep® flex** and its flexibility provide the ability to fit patients with mild foot drop.

Specifically designed for high-activity patients

Additionally, the most active patients (marathon runners, etc.) can benefit from its unique dynamic properties without risk of breakage or delamination.



SpryStep®

INDICATIONS

Foot drop of neurological, traumatic or muscular origin

Proprietary fabrication

Precise selection and layup of diverse composite materials create remarkable strength and beautiful cosmetic characteristics

Design achievements

Geometry and material diversity achieve a necessary interaction of flexibility and stiffness during the gait cycle

Posterior lateral strut

The spiral strut is uniquely positioned behind the malleoli to amplify energy return and fit more easily into most shoes

SpryStep® plus

INDICATIONS

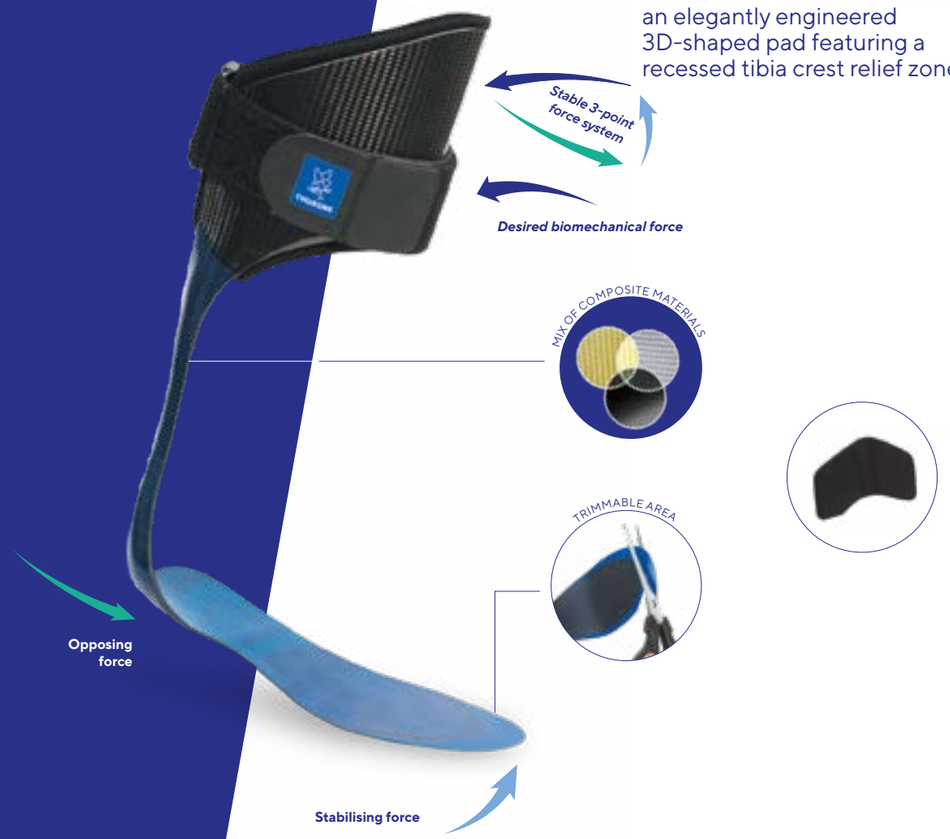
Lower limb weakness of neurological, traumatic or muscular origin:

- Fatigable footdrop
- Foot slap, footdrop
- Excessive plantar flexion during swing phase (secondary to weak dorsiflexors)
- Weakness of the pretibial muscles ≤ 3 Plantar flexor strength 3 or 4
- Mild knee instability during stance phase
- Moderate knee instability during stance phase
- Mild quadriceps weakness
- Hip hiking

Design achievements
A combination of optimal geometry and well-balanced material selection delivers a “spry” gait for the patient

Enhanced ground reaction
The spiral strut applied to an anterior shell design provides effective dynamic reaction, especially noticeable on sloped surfaces

Anatomical padding
The anterior shell is lined with an elegantly engineered 3D-shaped pad featuring a recessed tibia crest relief zone



SpryStep® max

INDICATIONS

Lower limb weakness of neurological, traumatic or muscular origin:

- Excessive dorsiflexion in stance phase (due to weak plantar flexors)
- Excessive knee flexion during stance phase (secondary to weak plantar flexors)
- Quadriceps weakness
- Pain in movement towards dorsiflexion
- Foot drop
- Foot slap

Design achievements
The structural and material elements create graduated stiffness to achieve knee stability and enhanced forward progression

Anterior lateral strut seamlessly integrates into the footplate anterior to the malleoli (no sharp edge) to achieve the desired stabilisation and gait-assist

Dynamic response and enhanced knee stabilisation provided by the full anterior shell design

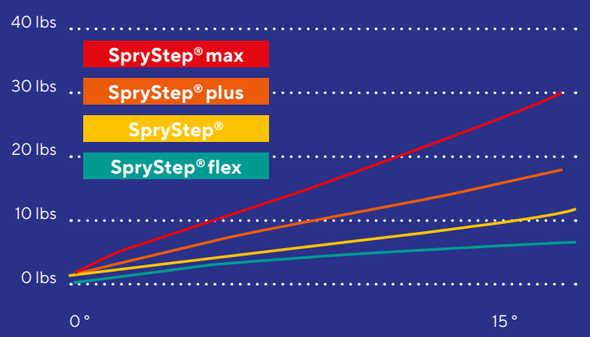
SpryStep® AFO

PRESCRIPTION GUIDE

The SpryStep® AFO range is designed for patients who have foot and ankle deficits.
It is not suitable for patients who have active ulceration or fluctuating edema.

An elegant, durable and effective range of off-the-shelf ankle-foot orthoses.
Featuring varying degrees of stiffness, posterior and anterior calf cuffs and differing strut geometries, the SpryStep® range offers an effective solution for a wide variety of patient presentations.

Resistance of AFO in Dorsiflexion



Does the patient have triplanar instability and/or limited range of motion in the ankle joint, subtalar joint or 1st MTP joint?

YES — Custom **SpryStep®** range recommended

NO — How would you best describe the knee instability present?

KNEE HYPERE XTENSION INSTABILITY (1° TO 5°)

LEVEL OF DEFICIT

- **MILD** → 5
- **MODERATE** → 4

KNEE FLEXION INSTABILITY (1° TO 10°) QUADS ≥ 3 MRC*

LEVEL OF DEFICIT

- **MILD** → ≤3
- **MODERATE** → ≤3

Patient Activity Level (high to low)

Plantarflexor Muscle Strength MRC* (high to low)

SpryStep® flex

- Posterior-lateral, spiral strut with posterior calf cuff
- Used for augmenting remaining dorsiflexor muscle powers and proprioception in more able or active users

SpryStep®

- Posterior-lateral, hemi-spiral strut with a posterior calf cuff
- For aiding more flaccid dorsiflexor muscle powers and proprioception in a wide range of users

SpryStep® plus

- Posterior-lateral strut, with anterior shell
- For aiding remaining planterflexor, knee stability muscle power and proprioception in a wide range of users

SpryStep® max

- Lateral strut with anterior shell
- For aiding weakened planterflexors, knee stability muscle power and proprioception in less dynamic users

*Medical Research Council Manual Muscle Testing Scale

SpryStep® SOLUTIONS

SpryStep® flex
Reference: U017 12
2 MODELS: RIGHT AND LEFT

For more information

SIZE	SHOE SIZE EU	PRODUCT HEIGHT
XS	33 - 37	30 cm
S	36 - 39	32 cm
M	38 - 42	34 cm
L	41 - 44	36 cm
XL	44 - 47	38 cm

SpryStep®
Reference: U01703
2 MODELS: RIGHT AND LEFT

For more information

SIZE	SHOE SIZE EU	PRODUCT HEIGHT
XS	33 - 37	30 cm
S	36 - 39	32 cm
M	38 - 42	34 cm
L	41 - 44	36 cm
XL	44 - 47	38 cm

SpryStep® plus
Reference: U017 22
2 MODELS: RIGHT AND LEFT

For more information

SIZE	SHOE SIZE EU	FOOT LENGTH		CALF CIRCUMFERENCE 25 mm BELOW FIBULA HEAD		PRODUCT HEIGHT
		MIN	MAX	MIN	MAX	
XS	33 - 37	21.5 cm	24.5 cm	29 cm	37 cm	33 cm
S	36 - 39	23 cm	26 cm	32.5 cm	40 cm	36 cm
M	38 - 42	24.5 cm	27.5 cm	35.5 cm	43 cm	39.5 cm
L	41 - 44	26 cm	29 cm	38.5 cm	46.5 cm	42.5 cm
XL	44 - 47	29 cm	30.5 cm	42 cm	49.5 cm	45.5 cm

SpryStep® max
Reference: U017 32
2 MODELS: RIGHT AND LEFT

For more information

SIZE	SHOE SIZE EU	FOOT LENGTH		PRODUCT HEIGHT
		MIN	MAX	
XS	31 - 34	19.5 cm	21.5 cm	33.5 cm
S	34 - 37	21 cm	23 cm	37 cm
M	37 - 40	23 cm	25.5 cm	39.5 cm
L	40 - 43	25.5 cm	27.5 cm	42 cm
XL	43 - 46	27.5 cm	29 cm	42 cm

Help the patient to put the Spry back in its step.

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SpryStep® flex and SpryStep® are intended to provide support to the foot for patients who are suffering from foot drop of neurological, traumatic or muscular origins. SpryStep® plus and SpryStep® max are intended to provide support of the foot and the lower leg for patients who are suffering from lower limb weakness of neurological, traumatic and muscular origin.
These products are regulated medical devices which bear the CE marking. Read all instructions before use and seek advice from a qualified healthcare professional. Sprystep®, Sprystep® flex, Sprystep® plus and Sprystep® max : Thuasne Deutschland GmbH, Germany
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