Product Evaluation
Stock AFOs

<table>
<thead>
<tr>
<th>Document Code</th>
<th>SPEG0001V1</th>
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</thead>
<tbody>
<tr>
<td>Date</td>
<td>3rd December 2015</td>
</tr>
</tbody>
</table>

Product Evaluation Group

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- Andrew Nicol: Clinical Director
- Ryan Cassidy: Orthotist
- Rachel Taylor: Orthotist
- Richard Thomas: Head of Business Development
- Zoe Wright: Orthotist
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PEG Recommendations

- Drop Foot (90°)
- Mild lateral instabilities
  - Ottobock Dyna Ankle
- Ideal Stock
- Narrow foot
- ¾ Foot plate
- Light weight
  - Boxia (FW dependant)
  - PLS AFO
  - Steeper
  - Ossur

www.steepergroup.com
### Product Group | Stock AFOs
---|---
**Products Evaluated** | Steeper Swedish Type  
Beagle Supra-lite  
Steeper Swedish Type Carbon  
Beagle Carbon Supra-lite  
Steeper Leaf Spring $\frac{3}{4}$ Foot  
Steeper Leaf Spring Full Foot  
Beagle Leaf Spring $\frac{3}{4}$ Foot  
Beagle Leaf Spring Full Foot  
Ossur Leaf Spring Full Foot  
Ottobock Dyna Ankle  
Beagle Neurodyn  
Beagle Neurodyn Plus  
C, Hanley Boxia  
Ossur Foot Up

**Aim** | The aim of this document is to inform & educate the reader about a range of stock AFO’s to assist the reader in comparing them. As a group, we have met and evaluated these braces and hope to give the reader a greater knowledge of their properties.

**Criteria** | The criteria for evaluation of stock AFO’s. They were selected by looking at the ordering history and selecting the most popular braces. Carbon fibre stock AFO’s were excluded from the evaluation however will be evaluated at a later date.

**Method** | **Direct Evaluation**  
We tried the braces on ourselves and on each other whilst considering the supplied instructions.  
**Expert Opinion**  
We identified the most frequent user of each type of brace and conducted telephone interviews to find out their opinion, likes and dislikes. The 5 most frequent users of these braces were highlighted with the aim of gathering 3 or more opinions on the brace.  
**Survey Monkey**  
A survey was conducted to gain the opinion of all orthotists in the company from the point of view of the patient and of the orthotist.  
**Clinical Evidence**  
A search was performed for any clinical evidence specific to the brace being evaluated.  
**Objective Information**  
Objective information such as cost and delivery times was gathered.

**Additional Information** | Braces have been grouped into four sections to allow for ease of comparison. These are: Swedish type, leaf spring, sock type and other braces. The division is listed above in Products Evaluated.
# Product Evaluation Contents

<table>
<thead>
<tr>
<th>Product</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steeper Swedish Type AFO</td>
<td>4</td>
</tr>
<tr>
<td>Beagle Supra-lite AFO</td>
<td>6</td>
</tr>
<tr>
<td>Steeper Swedish Type Carbon AFO</td>
<td>8</td>
</tr>
<tr>
<td>Beagle Carbon Supra-lite AFO</td>
<td>10</td>
</tr>
<tr>
<td><strong>Conclusion of Swedish Type AFO's</strong></td>
<td>12</td>
</tr>
<tr>
<td>Steeper Leaf Spring ¾ Foot AFO</td>
<td>13</td>
</tr>
<tr>
<td>Steeper Leaf Spring Full Foot AFO</td>
<td>15</td>
</tr>
<tr>
<td>Beagle Leaf Spring ¾ Foot AFO</td>
<td>17</td>
</tr>
<tr>
<td>Ossur Leaf Spring Full Foot AFO</td>
<td>19</td>
</tr>
<tr>
<td>OttoBock Dyna Ankle</td>
<td>21</td>
</tr>
<tr>
<td><strong>Conclusion of Leaf Spring AFO's</strong></td>
<td>23</td>
</tr>
<tr>
<td>Beagle Neurodyn</td>
<td>24</td>
</tr>
<tr>
<td>Beagle Neurodyn Plus</td>
<td>26</td>
</tr>
<tr>
<td><strong>Conclusion of Sock Type AFO's</strong></td>
<td>28</td>
</tr>
<tr>
<td>C.Hanley Boxia</td>
<td>29</td>
</tr>
<tr>
<td>Ossur Foot Up</td>
<td>31</td>
</tr>
<tr>
<td><strong>Conclusion of Foot Up and Boxia</strong></td>
<td>33</td>
</tr>
</tbody>
</table>
Swedish Type Lightweight AFO

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Steeper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model No.</td>
<td>RSL-AFO/xxx/ z</td>
</tr>
<tr>
<td>Application</td>
<td>Flaccid drop foot after neurological impairment</td>
</tr>
</tbody>
</table>

**Expert opinion**

“They are great as narrower at the heel so fit into shoes much easier. The wider calf means I don’t have to heat it out each time. The padding is nice. They don’t compare sizing to the old ones, need to size up”

“Very narrow along the footplate, narrow heel, medial and lateral trim lines are high”

**Evaluation**

| Features                | • Heat mouldable  
|                        | • Dorsiflexion Assist  
|                        | • Low Profile  
|                        | • Open heel  
|                        | • Wide calf strap with removable washable pad  

<table>
<thead>
<tr>
<th>Cost</th>
<th>£23.50</th>
</tr>
</thead>
</table>

**Evidence**

There was no clinical evidence found specifically for this brace.

**PEG Observations**

A more defined medial arch than most stock AFO’s. It is narrower around the heel so easier to get into footwear but it may cause a problem with fit if the foot is wider. The wider calf means less need to heat adjust.

**Advice on use**

• If you have used the old style RSL Swedish AFO you need to size up.

**Advantages**

• Fully padded around the calf and shin  
• Good dorsiflexion assist  
• Amazing instructions  
• Trimmable straps  
• True to size in foot length, and height  
• Wider calf

**Disadvantages**

• No flare to the calf, just slight roll  
• Narrow heel  
• Sizing does not equate to old RSL AFO
The Steeper Swedish AFO is below average in the fit. The fit is quite different from the old style. The quality of the instructions is also below average. All Steeper stock products should come with a leaflet about wearing and care.

The Steeper Swedish AFO is below average in all but one area. It has been noted that the range of sizes are different to previous and that a larger size would be beneficial. Ideally an XXL is needed to cover the larger gents shoe size.
# Beagle Supra-lite AFO

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Beagle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model No.</td>
<td>B/350x</td>
</tr>
<tr>
<td>Application</td>
<td>Flaccid drop foot after neurological impairment</td>
</tr>
<tr>
<td>Expert opinion</td>
<td>“Tends to be the stock AFO I use most”</td>
</tr>
<tr>
<td></td>
<td>“Narrow calf needs heating out 99% of the time”</td>
</tr>
<tr>
<td></td>
<td>“Often too wide in the shoes, especially for the ladies”</td>
</tr>
</tbody>
</table>

## Evaluation

<table>
<thead>
<tr>
<th>Features</th>
<th>• Heat mouldable</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Dorsiflexion Assist</td>
</tr>
<tr>
<td></td>
<td>• Low Profile</td>
</tr>
<tr>
<td></td>
<td>• Open heel</td>
</tr>
<tr>
<td></td>
<td>• Wide calf strap with removable washable pad</td>
</tr>
</tbody>
</table>

| Cost              | £32.89             |

| Evidence          | There was no clinical evidence found specifically for this brace. |
| PEG Observations  | It has moderate shaping to the medial arch. Very narrow calf is it is likely to need heating out. |

| Advice on use     | More often than not need to heat the calf out to get a better fit. |

## Advantages

- Fully padded around the calf and shin
- Good dorsiflexion assist
- Good instructions
- Trimmmable straps
- True to size in foot length, and height

## Disadvantages

- Narrow calf
- Too large a flare at the top of the calf
- Pulls in the back of the shoe so shoe likely to rub
When compared to the other orthoses the Beagle Supra-lite is about average just falling down on the quality of the instructions supplied.

As per the patient perspective the Orthotist perspective shows that it is the instructions that we feel are below average. It is performs well otherwise and well liked by most Orthotists.
**Steeper Swedish Type Carbon AFO**

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Steeper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model No.</td>
<td>RSL-AFO/xxx/ zC</td>
</tr>
<tr>
<td>Application</td>
<td>Flaccid drop foot after neurological impairment</td>
</tr>
</tbody>
</table>

**Expert opinion**
- “Great if a narrow foot”
- “Very narrow along the footplate, narrow heel, medial and lateral trims are high”
- “Stronger for larger people, or people with manual jobs, more difficult to adjust”

**Evaluation**

**Features**
- Heat mouldable
- Dorsiflexion Assist
- Low Profile
- Open heel
- Wide calf strap with removable washable pad
- Increased rigidity in vertical aspect

**Cost**
- £24.50

**Evidence**
- There was no clinical evidence found specifically for this brace.

**PEG Observations**
- A more defined medial arch than most stock AFO’s. It is narrower around the heel so easier to get into footwear but it may cause a problem with fit if the foot is wider. The wider calf means less need to heat adjust. Carbon reinforced so stronger for either heavier or physically more demanding patients.

**Advice on use**
- • If you have used the old style RSL Swedish AFO you need to size up.

**Advantages**
- Fully padded around the calf and shin
- Good dorsiflexion assist
- Amazing instructions
- Trimmmable straps
- True to size in foot length, and height
- Wider calf

**Disadvantages**
- • No flare to the calf, just slight roll
- Narrow heel
- Sizing does not equate to old RSL AFO
- Only comes in grey
Steeper Swedish type carbon AFO – Patient Perspective

The Steeper Swedish Carbon AFO scores well, slightly low on the appearance, possibly due to only coming in grey. The fit is quite different from the old style as per the standard Steeper AFO but in this case it scores an average. The quality of the instructions is below average. All Steeper stock products should come out with a leaflet about wearing and care.

Steeper Swedish type carbon AFO – Orthotist Perspective

The Steeper Carbon AFO scores well just dipping on the sizes. A larger size would be beneficial. Although scoring is poor on the quality of instructions, all Steeper stock products should come with a leaflet about wearing and care.
## Beagle Supra-lite Carbon AFO

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Beagle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model No.</td>
<td>B/352x</td>
</tr>
<tr>
<td>Application</td>
<td>Flaccid drop foot after neurological impairment</td>
</tr>
<tr>
<td>Expert opinion</td>
<td>“Unconvinced how much stronger it is” “Good for the wide foot, heavier patients, manual workers” “Difficult to adjust but do need to heat out the calf”</td>
</tr>
</tbody>
</table>

### Evaluation

| Features | • Heat mouldable  
|----------|----------------|
|          | • Dorsiflexion Assist  
|          | • Low Profile  
|          | • Open heel  
|          | • Wide calf strap with removable washable pad  
|          | • Increased rigidity in vertical aspect |
| Cost | £32.89 |
| Evidence | There was no clinical evidence found specifically for this brace. |
| PEG Observations | The fit is the same as the Beagle Supra-lite AFO. There is minimal shaping to the medial arch on the footplate. Very narrow calf is it is likely to need heating out. |

### Advice on use

| • More often than not need to heat the calf out to get a better fit. |

### Advantages

| • Fully padded around the calf and shin |
| • Good dorsiflexion assist |
| • Good instructions |
| • Trimmable straps |
| • True to size in foot length, and height |

### Disadvantages

| • Narrow calf |
| • Too large a flare at the top of the calf |
| • Pulls in the back of the shoe so shoe likely to rub |
| • Only comes in grey |
The Beagle Carbon Supra-lite AFO is below average in appearance and instructions. The AFO only comes in grey which is not to everyone’s liking.

The Beagle Supra-lite Carbon AFO scores above average in all apart from the instructions. It is a well liked Orthosis that most Orthotists are familiar with.
Conclusion of the Swedish type AFOs

There are many factors to consider when ordering Swedish type AFO’s. This evaluation has highlighted the pros and cons of the most commonly ordered Swedish type AFO’s by Steeper orthotists within the Product Evaluation Group.

**Key Observations**

All these AFO’s have pros and cons and are suitable for different patients.

The fit of the standard Steeper AFO and the Steeper carbon AFO are the same. The fit of the standard Beagle and the carbon Beagle AFO are also the same. The difference is in the stiffness of the material that they are manufactured from.

The sizing between the 2 companies AFO’s are not comparable, you need to size up the Steeper AFO to get the same size of a Beagle AFO.

The Steeper Swedish AFO is best for a narrow foot and is ideal for when the fit of footwear is a problem. The Beagle Supra lite is best for a wider foot.

The Steeper AFO has a wider calf so there is less need for it to be heated out at fitting.
Steeper Leaf Spring ¾ foot AFO

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Steeper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model No.</td>
<td>RSL-PLSC/xxx/ z</td>
</tr>
<tr>
<td>Application</td>
<td>Flaccid drop foot after neurological impairment</td>
</tr>
</tbody>
</table>

**Expert opinion**

“A good option if there are footwear restrictions”

“Very neat and cosmetically pleasing”

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### Evaluation

#### Features

- Heat mouldable
- Dorsiflexion Assist
- Low Profile
- ¾ Sole plate
- Wide padded calf strap

<table>
<thead>
<tr>
<th>Cost</th>
<th>£27.50</th>
</tr>
</thead>
</table>

#### Evidence

There was no clinical evidence found specifically for this brace.

#### PEG Observations

A well-defined medial arch and a very small calf section.

#### Advice on use

The calf is very narrow so does not suit all patients

### Advantages

- Padded strap
- Good shape PLS
- Easy to move from shoe to shoe
- True to size in foot length and height
- Pre dorsiflexed
- Good instructions

### Disadvantages

- Narrow calf
- Footplate is less comfortable than the full length version
- Less dorsiflexion assist than the full length version
- No padding on calf section
The Survey showed that the Steeper leaf spring ¾ AFO falls below average in functionality, fit and quality of instructions.

The Orthotist perspective shows that the AFO falls below average in all categories.
Steeper Leaf Spring Full Foot AFO

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Steeper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model No.</td>
<td>RSL-PLS-FF/xxx/ z</td>
</tr>
<tr>
<td>Application</td>
<td>Flaccid drop foot after neurological impairment</td>
</tr>
</tbody>
</table>

**Expert opinion**

“Good footplate shape for most patients”
“Footplate can be too wide for shoes”

### Evaluation

**Features**

- Heat mouldable
- Dorsiflexion Assist
- Low Profile
- Full Sole plate
- Wide padded calf strap

**Cost**

£27.50

**Evidence**

There was no clinical evidence found specifically for this brace.

**PEG Observations**

A well defined medial arch, wide footplate

**Advice on use**

A nicely shaped full length sole plate but quite often it needs trimming for footwear.

### Advantages

- Padded strap
- Good shape PLS
- Easy to move from shoe to shoe
- True to size in foot length only
- Pre dorsi flexed
- Good instructions

### Disadvantages

- Narrow calf
- Lower in height than stated by 15mm
- No padding on calf section
The survey results show that this AFO is above average in both functionality and ease of donning/doffing and below average in the other areas, especially the instructions. All Steeper stock products should come with good quality instructions.

The survey results show that Orthotist feel this Orthosis is below average across the board.
Beagle Leaf Spring ¾ Foot AFO

**Supplier**: Beagle  
**Model No.**: B/351xz  
**Application**: Flaccid drop foot after neurological impairment

**Expert opinion**  
“Too flexible so provides minimal assistance”  
“Too narrow on the foot so I no longer use this”

<table>
<thead>
<tr>
<th>Evaluation</th>
<th>Features</th>
<th>Cost</th>
<th>Evidence</th>
<th>PEG Observations</th>
<th>Advice on use</th>
</tr>
</thead>
</table>
| **Features** | • Heat mouldable  
• Dorsiflexion Assist  
• Low Profile  
• ¾ Sole plate | £31.83 | There was no clinical evidence found specifically for this brace. | Generally very narrow | Good for a narrow foot and slim leg only |
| **Cost** | | | | |
| **Evidence** | | | |
| **PEG Observations** | | | |
| **Advice on use** | | | |

**Advantages**  
• Strap return through loop so strong hold  
• Calf section comes further round than other types  
• Easy to move from shoe to shoe  
• True to height  
• Pre dorsi flexed  
• Good instructions

**Disadvantages**  
• Strap too short  
• Narrow calf  
• Narrow heel  
• Narrow foot  
• Footplate longer than stated  
• Very narrow strap  
• Rivets exposed  
• No padding on calf section
This AFO underscores in functionality, fit and instructions. This AFO is not regularly used by many Orthotists within our group with only a few answering the survey for this product.

The Orthotist perspective scores show it being above average for all but the instructions, although it is only used by a few Orthotists.
# Ossur Leaf Spring Full Foot AFO

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Ossur</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model No.</td>
<td>351xz</td>
</tr>
<tr>
<td>Application</td>
<td>Flaccid drop foot after neurological impairment</td>
</tr>
</tbody>
</table>
| Expert opinion | “Takes time as the footplate has to be trimmed and shaped”
| | “Generally fits very well”
| | “Very durable” |

## Evaluation

| Features | • Heat mouldable  
| | • Very good dorsiflexion Assist  
| | • Full Sole plate which has to be trimmed as square at the toe end |

| Cost | £35.80 |

| Evidence | There was no clinical evidence found specifically for this brace. |

| PEG Observations | A wide full-length sole plate so can be trimmed to the exact shape for the patient. |

| Advice on use | Very time consuming to trim and shape the footplate in clinic. Tools / Machine required. |

## Advantages

• High medial and lateral walls to the foot  
• Much more rigid than other similar types  
• True to height and foot length

## Disadvantages

• No padding on calf section  
• Foot plate has to be trimmed  
• Thin calf strap with no padding
The Ossur leaf spring AFO from a patient perspective scores high than average in every category.

The Ossur Leaf spring AFO also scores well above average from an Orthotist perspective even in ease of fitting which is surprising given that the footplate need to be trimmed and machined in clinic.
### Ottobock Dyna Ankle

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Ottobock</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model No.</td>
<td>OBO-50S1=zxz</td>
</tr>
<tr>
<td>Application</td>
<td>Conservative treatment of lateral ankle ligament tears, post-operative protection following ligament repair and ligament reconstruction. Flaccid drop foot</td>
</tr>
</tbody>
</table>

**Expert opinion**

"Lightweight and sleek, get good patient compliance"  
"Patients require good hand dexterity to fasten"  
"Good for inversion issues along with foot drop"

### Evaluation

| Features | • A strapping system to control mild drop foot whilst controlling inversion  
|          | • ¾ sole plate Full Sole plate  
|          | • shorter in the leg than most AFO’s |
| Cost     | £77.90 |
| Evidence | There was no clinical evidence found specifically for this brace. |
| PEG Observations | A comfortable, versatile low profile AFO. It is more difficult to get in the shoe due to having to be donned to the foot prior to putting the shoe on. A large calf would need a longer strap. It gives good control of inversion. |
| Advice on use | A good choice when needing more than just dorsiflexion control. Well like by patients as short and more cosmetic although more complicated to put on. |

### Advantages

• Good padded calf  
• Padding to the straps  
• Low profile  
• Good for drop foot and inversion combination  
• Comfortable under the foot  
• Good diagrammatic instructions  
• Can be worn day and night

### Disadvantages

• Complicated straps so more difficult to fasten  
• Had to be put on prior to footwear so can be more difficult
Ottobock Dyna Ankle – Patient Perspective

The Ottobock Dyna Ankle brace scores well just falls short on ease of donning/doffing and appearance. The straps can be confusing to patients and require good hand dexterity.

Ottobock Dyna Ankle – Orthotist Perspective

From an Orthotist perspective this Orthosis falls short in every category but the instructions. It is very good for a specific patient group but others will struggle with this Orthosis.
Conclusion Leaf Spring AFO’s

There are many factors to consider when ordering leaf spring AFO’s. This evaluation has highlighted the pros and cons of the most commonly ordered leaf spring AFO’s by Steeper orthotists within the Product Evaluation Group.

Key Observations

Off the shelf leaf spring AFO’s are a good option for patients with footwear restrictions. The ¾ length versions make it very easy to get into most shoes although offers less dorsiflexion assistance than the full length versions.

The Ossur AFO means that you can shape your footplate as you wish but you do need a workshop for this. It is therefore ideal for particularly wide feet.

The Beagle AFO’s are particularly narrow so the patient needs to be slim with a slim foot for this to fit comfortably.

The Steeper AFO’s are wider fitting making it ideal for most normal foot shapes but the calf section is still narrow and may require heating out.

The Dyna ankle is quite unique. There is no other stock AFO that does the same job of controlling inversion with dorsiflexion. Although they seem more complicated to use as long as the patient has good hand dexterity and can reach their feet then they manage well.
Neurodyn Foot Lift Orthosis

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Beagle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model No.</td>
<td>07077x/z/BG</td>
</tr>
<tr>
<td>Application</td>
<td>Flaccid paralysis</td>
</tr>
</tbody>
</table>

**Expert opinion**

“Well liked by patients but difficult to Don”
“Looks sporty”
“Not as much control as a rigid device but a good alternative if compliance is an issue”

### Evaluation

| Features | • Fabric Orthosis offering dynamic assistance rather than rigid assistance  
           | • Free plantar flexion |
|----------|-------------------------------------------------------------------|
| Cost     | £47.74                                                            |
| Evidence | There was no clinical evidence found specifically for this brace. |
| PEG      | A tight fitting sock style that can be difficult to get on. Only suits a small number of patients. |
| Advice on use | Fasten the straps with the foot in a dorsiflexed position for the best dorsiflexion assist. |

### Advantages

- Choice of beige of black
- 5 Sizes
- Extensive instructions
- Good to try when other AFOs are not suitable
- Cosmetic

### Disadvantages

- Minimal dorsiflexion assist
- Difficult to don
Then Neurodyn Foot lift orthosis falls short on functionality and ease of donning but otherwise well liked by patients.

From an Orthotist perspective the Neurodyn foot lift Orthotist fall short on everything but the instructions.
# Neurodyn Plus Foot Lift Orthosis

<table>
<thead>
<tr>
<th>Supplier</th>
<th>Beagle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model No.</td>
<td>07803x/z</td>
</tr>
<tr>
<td>Application</td>
<td>Spastic Drop foot</td>
</tr>
</tbody>
</table>

**Expert opinion**

“Not as well liked by patients as bulkier and still difficult to Don”

“Looks sporty”

“Not as much control as a rigid device but a good alternative if compliance is an issue”

## Evaluation

### Features

- Fabric Orthosis offering dynamic assistance rather than rigid assistance
- Free plantar flexion
- 2 additional straps on the forefoot to encourage dorsiflexion and inversion to give a more normal gait

### Cost

| £63.10 |

### Evidence

There was no clinical evidence found specifically for this brace.

### PEG

The sizing is too generous so size down.

### Advice on use

Fasten the straps with the foot in a dorsiflexed position for the best dorsiflexion assist.

## Advantages

- 5 Sizes
- Extensive instructions
- Good to try when other AFOs are not suitable
- Cosmetic

## Disadvantages

- Minimal dorsiflexion assist
- Difficult to don
- Sizing is generous
- Extra support is questionable
- Black Only
Neurodyn Plus Foot Lift – Patient Perspective

The Neurodyn Plus falls below average in all but fit and quality of instructions.

Neurodyn Plus Foot Lift – Orthotist Perspective

The Neurodyn Plus from an Orthotist perspective falls below average for ease of fitting and adjustment.
Conclusion Sock Type AFOs

There are many factors to consider when ordering Sock type AFO’s. This evaluation has highlighted the pros and cons of the most commonly ordered sock type AFO’s by Steeper orthotists within the Product Evaluation Group.

Key Observations

The Neurodyn and Neurodyn plus only give minimal dorsiflexion assistance and can be difficult to put on. They are a good option if the patient won’t wear anything else. It is important that they are put on with the foot dorsiflexed for best results.
## Evaluation

### Features
2 parts – a support above the ankle and a piece that fits between the tongue and shoelaces,
- Discreet,
- Lightweight
- Easy to fit,
- Shoeless wrap available

### Cost
£74.00

### Evidence
There was no clinical evidence found specifically for this brace.

### PEG
True to size, comfortable and gave more control than we expected.

### Observations
The shoeless section has to be ordered separately, the ankle section does not go as large as the foot up. Attach the 2 pieces with the foot dorsiflexed for best results.

### Advantages
- Replacement parts available
- Good dorsiflexion assist, more than the foot-up
- Shaped at the back to spread the force
- Easy to don and doff
- Good clear instructions
- Achilles tendon padding

### Disadvantages
- Minimal dorsiflexion assist
- Black Only
The Boxia performs well across the board, just being slightly below average on ease of don and doffing.

From an Orthotist Perspective the Boxia is above average in all categories.
# Foot-Up

**Supplier**  
Ossur

**Model No.**  
07810-x

**Application**  
Drop foot, peroneal neuropathies, dysfunctional gait

**Expert opinion**  
"Lower profile than the boxia"  
"Fiddly to fasten"

## Evaluation

<table>
<thead>
<tr>
<th>Features</th>
<th>Two parts – a support above the ankle and a piece that fits between the tongue and shoelaces:</th>
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</thead>
</table>
|          | • Discreet  
|          | • Lightweight  
|          | • Easy to fit  
|          | • Shoe-less wrap available |

| Cost | £51 |

| Evidence | There was no clinical evidence found specifically for this brace. |

| PEG Observations | Comes up small, comfortable but tends to pull down, not very supportive. |

| Advice on use | Well liked but only suitable for mild flaccid drop foot. Patient needs good dexterity to join the 2 pieces. Size up on the ankle section. |

## Advantages

- Replacement parts available
- Good dorsiflexion assist
- Black or beige
- Easy to don and doff
- Good clear instructions
- Comfortable

## Disadvantages

- Minimal dorsiflexion assist
- Can be difficult to connect the foot and ankle sections
- Come up small on the ankle section
The toe off is liked across most aspects by the patient as they are low profile and discreet.

The foot up is above average for both ease of fitting and instructions from an Orthotist perspective. They are well liked and frequently used when they meet the specific criteria.
Conclusion Foot and Boxia AFOs

There are many factors to consider when ordering Foot and Boxia AFO’s. This evaluation has highlighted the pros and cons of the most commonly Foot and Boxia AFO’s by Steeper orthotists within the Product Evaluation Group.

Key Observations

In conclusion, it was felt by the group that the Boxia offered more assistance with dorsiflexion and was easier to put on than the Foot-Up.

The Boxia has a better shape and less likely to catch on the ankle but it does not go as large as the foot up. The Boxia is easier for the patient to join the ankle and foot section together.
Final Conclusion Stock AFOs

We hope that this document has helped inform the reader about the AFOs evaluated.

There are pros and cons to all of the braces and it is about deciding what fits best for the patient or what the patient may tolerate. This document highlights these so when choosing an orthosis you are not familiar with you should be able to make a more informed decision.

The Future

The problems with the new Steeper AFO's have been noted and improvements in design are planned.

Clinical evidence specific to any of these orthoses would be beneficial as this is lacking for all of the braces evaluated.