



### Static Progressive Ankle/Foot Orthosis

This brace, the Static Progressive Ankle/Foot Orthosis, is used to restore lost range of motion to contracted\* joints through biomechanical principle of stress relaxation. This brace is not designed for the patient to walk while wearing it. It is to be used therapeutically as an addition to Physical Therapy. During a stress relaxation and low load stretch therapy session, the contracted joint is brought to a pain free stretched position and held there for several minutes, to allow for surrounding tissues to relax and lengthen. This stretching technique safely restores normal length to shortened tissues surrounding the joint which improves range of motion and will increase function of foot/ankle.

#### Directions:

Begin with 1 session per day and add 1 session every 3 days as tolerated up to 3 sessions per day.

Each session consists of up to 30 minutes. Rest at least 1 hour in between each session. If possible, perform 1 session in the morning, 1 session in the afternoon, and 1 session at night.

Your sessions should total no more than 2 hours per day.

#### Application:

Once brace is on, tighten the ratchet strap to toes so as to pull the toes upward (dorsiflexion) until you feel a pain free stretch.

During your session if you feel that the intensity has decreased, tighten the ratchet strap until you reach the desired stretch intensity.

#### Important:

Inform your Therapist that you are using a Static Progressive Stretch device.

If you have any issues with the brace please contact your Streamline Orthotist.