

Donning the FreeWalk orthosis.

The FreeWalk orthosis is easy to don and doff while sitting. Special quick-release buckles help you do this.

1 Positioning

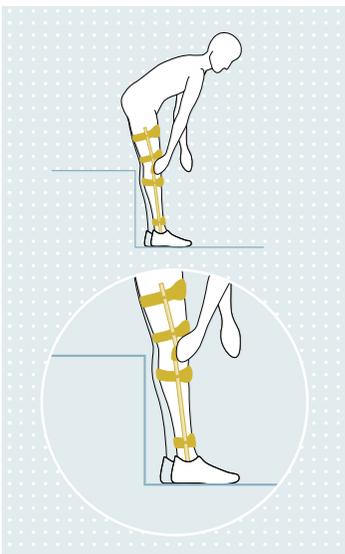
Place the foot part of the orthosis in your shoe, don the FreeWalk orthosis while sitting.

2 Donning

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

3 Fastening

Fasten the FreeWalk orthosis to the leg by closing the quick-release buckles.



Manual unlocking of the FreeWalk orthosis.

You can also loosen the FreeWalk orthosis with your hand by disengaging it directly on the orthotic knee joint. This makes it easier to sit down.

How does a FreeWalk orthosis function?

Controlling movement with the FreeWalk:

The FreeWalk orthosis is controlled through a connection between the orthotic knee joint, the orthotic ankle joint and the insole that guides your foot.

For this purpose, you must first completely extend your knee before your toes leave the ground during walking. This movement is described in the picture "**Gait cycle with the FreeWalk orthosis**". 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 automatically when you swing your leg through completely before stepping down. 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.

Learning to walk with the FreeWalk orthosis:

You will take your first steps with the FreeWalk orthosis during the trial fitting with your orthotist. He or she will explain to you in detail how it functions and how to handle it. Following this, you will practice walking, as well as sitting down and standing up, with your orthotist or your therapist. You and your orthotist or therapist will design a practice programme so that you will be able to walk reliably with the FreeWalk orthosis.

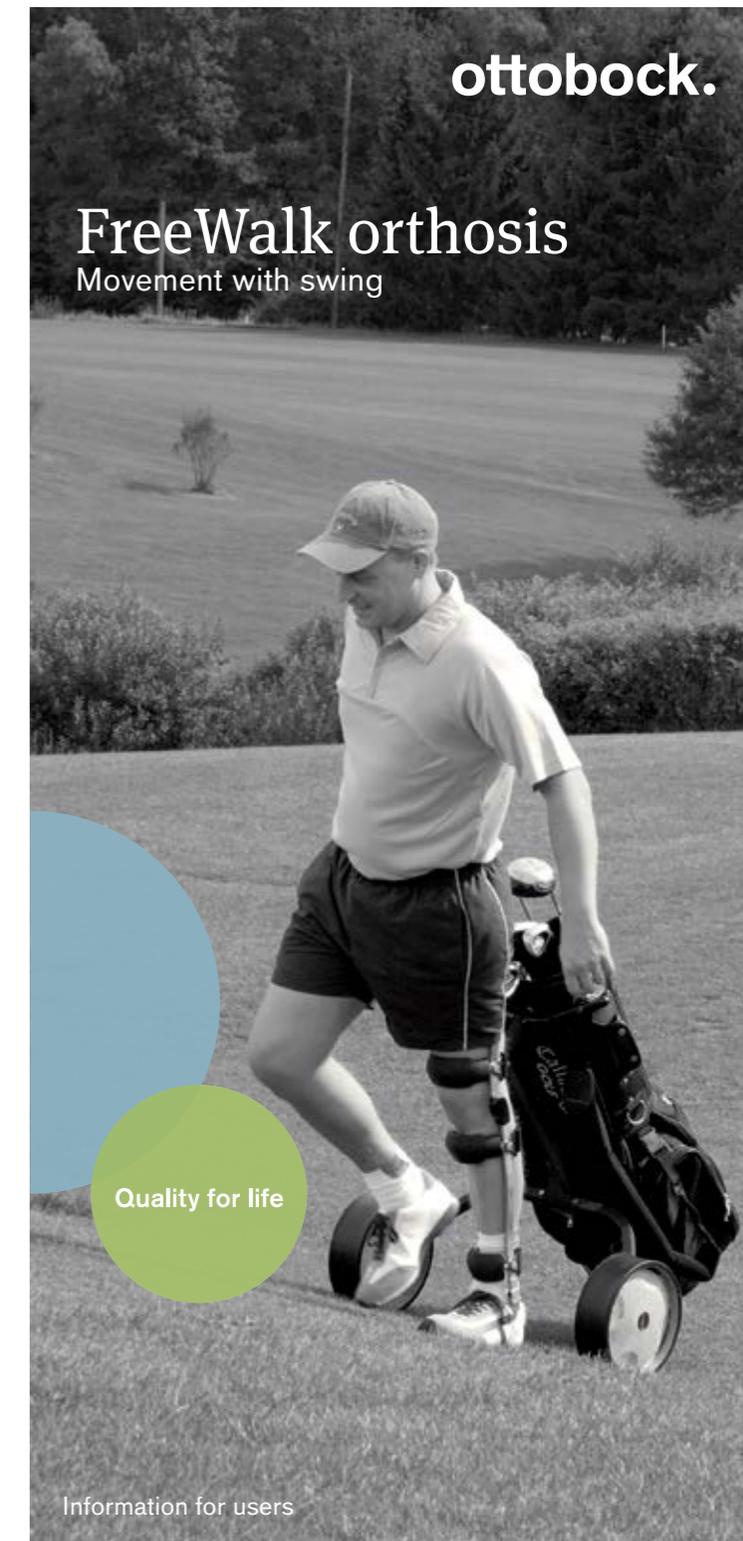
With compliments from



ottobock.

FreeWalk orthosis

Movement with swing



Quality for life

Otto Bock HealthCare GmbH
 Max-Näder-Straße 15 · 37115 Duderstadt/Germany
 T +49 5527 848-1706 · F +49 5527 72330
 export@ottobock.de · www.ottobock.com

© Ottobock · 646D183=GB-03-1503

Information for users

What is a FreeWalk orthosis?

FreeWalk is a special orthosis system that will allow you to once again be able to walk almost physiologically and stand securely. A mechanism on the knee joint locks the orthosis during the stance phase and disengages it for the swing phase.

The FreeWalk orthosis 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 FreeWalk. A compensation movement, as with a conventional locked orthosis, is not required.

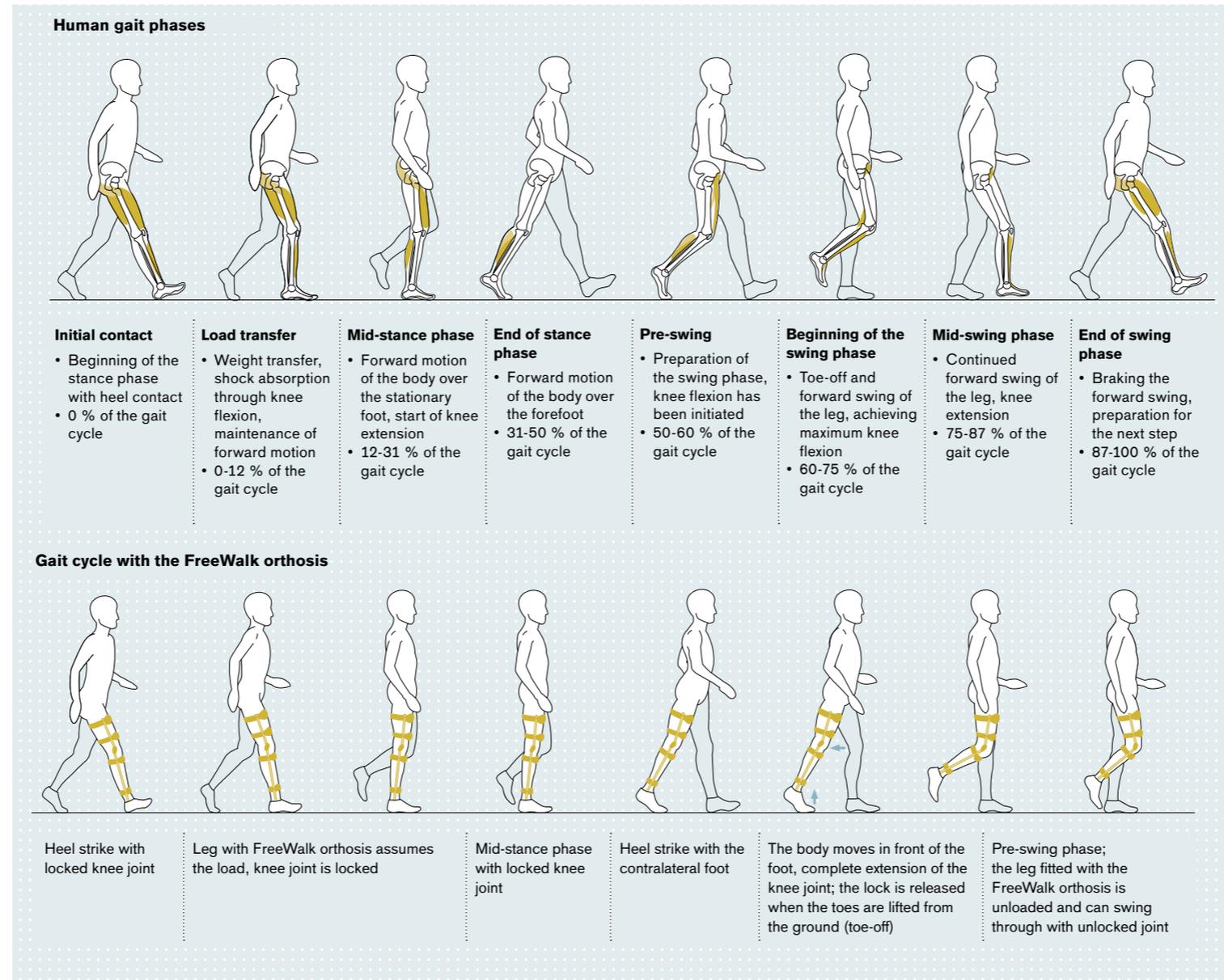
Thanks to FreeWalk

- you can bend your leg again while walking.
- you expend less energy while walking.
- walking is less straining and you can cover longer stretches.
- you relieve your joints and back thanks to the smooth gait you have reattained

FreeWalk orthoses

- are particularly lightweight, narrow and stable all at the same time.
- have pads made of skin-friendly material.
- are easy to don and doff.
- are hardly noticeable under clothing.
- offer good wearer comfort.

How do my first steps look like?



How to get a FreeWalk orthosis

The way to the FreeWalk orthosis:

Your treating physician gives you an orthosis prescription for the FreeWalk 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 FreeWalk orthosis is prepared. The orthotist adjusts it to you and explains to you how it works.

Cleaning and care of your FreeWalk orthosis:

It is best if you clean the buckles and pads with warm water and ph-neutral soap. Your medical supply company or orthotist can replace the components if they are very dirty. Make an appointment with your orthotist in advance for replacing components. By doing so, you ensure that he or she has the desired components in stock.

If your orthosis squeaks, please do not apply any lubricants because this will endanger the functioning of your orthosis and thus your security. Please contact your orthotist.

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