

Three phases, one orthosis

Malleo TriStep for ankle injuries



Quality for life



A quarter of all injuries sustained during sports are ankle sprains. They are also the most common injuries in recreational and everyday activities.

• **Other statistics:**

- One ankle injury among 10,000 people occurs daily
- 85% of ankle injuries involve torn lateral ligaments
- Ankle injuries make up 15-20% of all sports injuries
- 1/3 of all patients suffer a recurrence (within 3 years)
- 3/4 of all affected athletes suffer a recurrence (within 3 years)
- 50% of all patients still experience pain in the affected area after 6 months

Phase by phase

Get moving again

Return quickly to an active life – this is often the foremost goal for patients following ankle injuries. This is why orthopaedic technicians, physicians and physiotherapists have combined their experience to develop the Malleo TriStep.

The Malleo TriStep is multi-functional, i.e. it can be adapted to the different phases of healing. On consultation with a physician, patients can gradually reduce the stabilising effect of the orthosis and increase mobility of the foot. The Malleo TriStep protects the ligaments of the ankle joint during every phase of healing.

Despite its multiple functions, the Malleo TriStep is easy for both you and your patient to use. It usually takes less than a minute to put on, which is comparable to ankle orthoses with fewer functions. This saves clinic time

Indications

- Acute ankle injuries
- Acute and chronic capsular ligament instability
- Inflammatory joint diseases
- Degenerative ankle ailment
- Rehabilitation after ankle surgery
- Medial ligament rupture

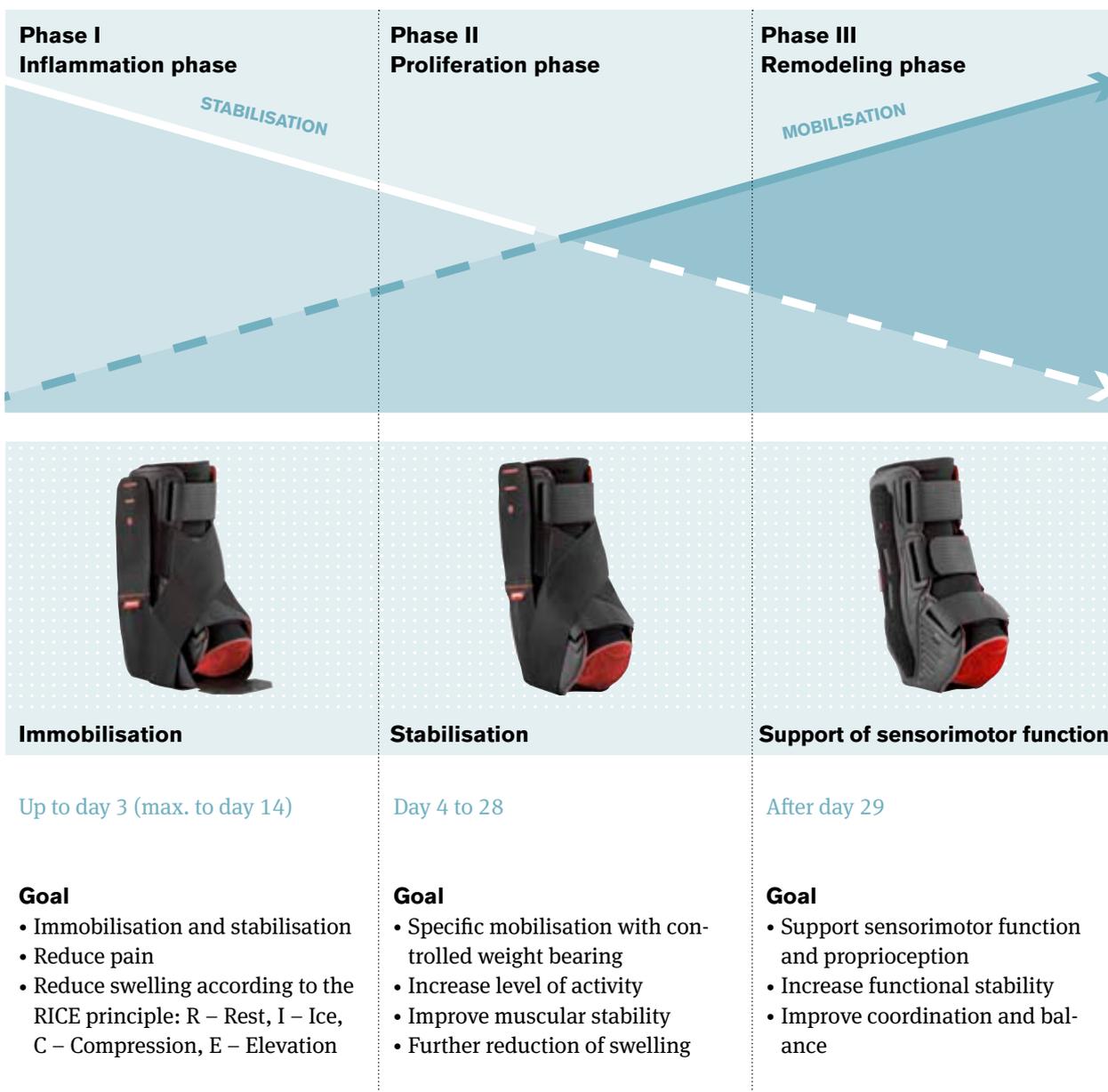


First stabilise Then mobilise

A case study

The Clinical Excellence Circle (CEC) presents one possible course of phase-adapted treatment with the Malleo TriStep.

Each fitting, including the time frame, must be individually assessed and evaluated by the attending doctor or therapist.



Malleo Exercise Programme

Supports the orthosis in consultation with the physician and is included within the package.

Phase I: Inflammation phase

Up to day 3 (max. to day 14)



During phase I the foot is immobilised so that the inflammation and swelling are reduced. Your patient wears the orthosis with all components. The foot shell and the stabilisation strap position the foot in a 90° neutral position with slight outward rotation so the ends of the ligament are brought close to each other. The patient should move their foot within the pain-free range only and use forearm crutches if required. During this phase it is essential that the patient uses the foot shell both day and night. The Malleo TriStep can be worn in a flat shoe that can be opened wide.

Phase II: Proliferation phase

Day 4 to 28



During treatment phase II, the focus is placed on increasing mobilisation with controlled weight bearing. The patient continues to use the stabilisation strap both day and night. This improves muscular stabilisation of the ankle joint and promotes the reduction of swelling. The patient removes the foot shell during the day to allow more movement. It should be worn for positioning at night so the foot does not turn inwards when the patient lies on his or her back.

Phase III: Remodeling phase

After day 29



By removing the stabilisation elements, the patient uses only the orthosis during the last phase of healing. Optionally, the stabilisation strap can be used, for example, during sport, and the foot shell placed on at night. The patient can achieve optimal stabilisation of the ankle joints and continued improvement of mobility, coordination, strength and capacity with a specific exercise programme. Your patient can continue wear the orthosis after the actual rehabilitation period, especially for sports.

CEC Clinical
Excellence
Circle

The Clinical Excellence Circle (CEC) is a network of medical specialists that conducts research in therapy and fitting concepts.

The team consists of renowned orthopaedic specialists, sports physicians, biomechanics, therapists and orthopaedic technicians. Sponsorship of new concepts, lectures, further training, clinical and biomechanical studies, and developing treatment concepts by the Clinical Excellence Circle all contribute to the high standard of quality in orthopaedics and sports medicine.

Fast and flexible

For use in the clinic



Source: Trauma Hospital Berlin

"Time management is everything in a clinic room " to put on an orthosis - it needs to be quick"

Stefan Wollschläger,
head nurse – emergency department at the Trauma Hospital in Berlin (Germany)

Easy to use

- Easy to put on, usually in less than 1 minute
- Delivered with open closures
- Fast and easy selection of the right orthosis based on shoe size
- Just 3 sizes and can be used for the left or right foot (requires less storage space)
- The functional and stabilising elements can be added or removed in a few easy steps without the use of tools
- Short, easily understandable instructions for putting it on

Individually adjustable

- Hook & loop closures for individually adjustable fastening and adaptation
- High wearing comfort thanks to the auto-adaptive plastic inlet
- Function and stabilisation elements can be added and removed individually

Flexible design

- The orthosis can be adapted to three phases of healing
- The patient can gradually acquaint their foot to movements
- If required, stabilising elements can be added, particularly during the night
- The foot shell prevents supination as well as plantar flexion of the foot

Size chart

| Side | Size | Shoe size |
|-------------------------------|------|-----------|
| L/R (suitable for both sides) | S | 36-39 |
| L/R (suitable for both sides) | M | 40-44 |
| L/R (suitable for both sides) | L | 45-48 |



Back on the team

Jana is a competitive athlete and uses the Malleo TriStep

It started out a good year – at the German Championships, Jana was 14th in the heptathlon, 8th in the javelin, and best heptathlete in Lower Saxony. She was just about to start winter training. When the 25-year-old twisted her ankle playing volleyball. At the hospital, the physicians discovered a torn ligament. Jana wore the Malleo TriStep for six weeks.

Her most important goal was to regain her fitness. "My teammates know it's hard for me to sit on the sidelines," says Jana with a laugh. Gradually Jana became used to her foot being able to move again. "I thought it was great to be able to gradually reduce the stability of the orthosis," she says. "Whilst at the same time, the Malleo TriStep provided the stability and safety I required." Jana is already thinking about the next competition. "I am looking forward to being back on the team soon."

"I'm actually a patient person, but not when it comes to sport."

Jana, industrial manager and competitive athlete
The 25-year-old tore a lateral ligament playing volleyball.

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