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Nea International bv
Europalaan 31
6199 AB Maastricht-Airport
The Netherlands
www.push.eu
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MD Medical Device
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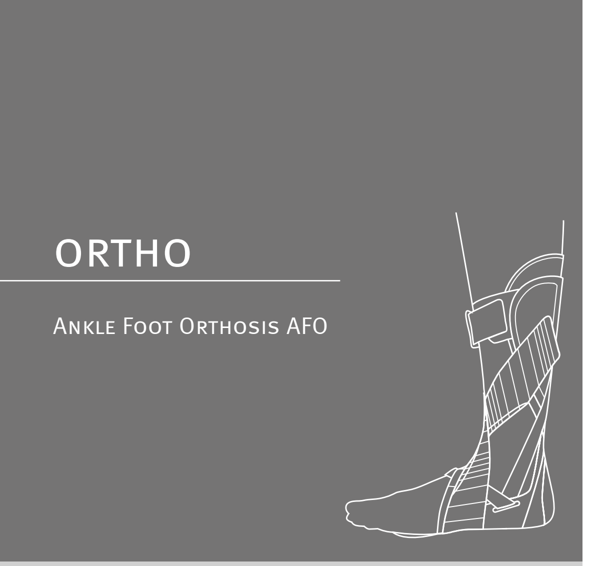
ORTHO

Ankle Foot Orthosis AFO



Product information

EN • AR • • KRN • SL
EL • YKP • CHN • FR • RO
• LT • LV • TR •

ENGLISH

PUSH® ORTHO ANKLE FOOT ORTHOSIS AFO

INTRODUCTION

Push ortho products provide effective solutions in the case of a disorder or reduced functioning of the locomotor apparatus.

Your new ankle foot orthosis is a Push ortho product, characterised by a high level of effectiveness, comfort and quality.

Push ortho is used for complaints or reduced function of the locomotor apparatus. Adequate mechanical support is key. Push ortho can play an important role in cases of repositioning and stabilisation thus compensating for loss of normal function.

Push ortho products are innovative and are manufactured for you with great care. This ensures maximum security and more freedom of movement. To promote satisfied use.

Read the product information carefully before you use the Push AFO. If you have any questions, please consult your retailer or send an e-mail to info@push.eu.

PRODUCT CHARACTERISTICS

The Push AFO provides effective support in the case of foot drop, ensuring minimal disturbance of a person's natural gait, thus allowing safe and efficient walking.

The Push AFO is an ankle foot orthosis that lifts the foot in a unique combination of functions during the swing phase, slows down the plantar flexion after heel contact and subsequently releases the dorsal flexion of the ankle joint during completion of the step. The orthosis also provides mediolateral support for the ankle.

The functional strap system is continuously adjustable, allowing the degree of dynamic foot lifting during the swing phase to be adapted to the user's individual needs. During the landing phase, the plantar flexion is controlled by the braking function of the elastic straps. The relatively flexible sole of the Push AFO allows dorsiflexion in the ankle joint and makes it possible to use the residual function of the calf muscles during the completion phase of the step. This creates an efficient and natural gait.

The Push AFO works in different types of shoes and does not require a special (tailor-made) shoe. Whereas the shoe usually provides fixation of the orthosis around the foot, the Push AFO itself possesses a fixating strap system. This innovative construction allows the Push AFO to be used even with slippers.

The fibreglass-reinforced AFO is a lightweight construction that provides freedom for the resting functions of the muscles of the lower leg, as a result of which the product is experienced as very comfortable.

At night, the Push AFO can be used as a night splint to prevent cramping or hanging of the foot. It is advised not to overly tighten the non-elastic strap system and not to close the elastic straps crosswise but to close them loosely along the side of the leg.

INDICATIONS

- Loss of control of the ankle dorsiflexors during the swing phase and during loading response (heelstrike/in a foot-flat stance) as a result of failure of the tibialis anterior, possibly in conjunction with ankle instability.
- Disorders possibly involving loss of the function of the ankle dorsiflexors are:
  CVA, hernia, multiple sclerosis, postpolio syndrome, muscular dystrophy, spinal cord injury, polyneuropathy.

CONTRAINDICATIONS

- Moderate to severe spasticity, extreme pes equinus, foot deformity.
- Pain is always a sign of warning. If the pain persists or the complaint deteriorates, it is advisable to consult your doctor or therapist.
- **Note:** In the case of use by diabetic patients, a thorough assessment by a care professional of potential pressure points is required.
- **Note:** In the case of loss or lack of control of the calf muscles, a thorough assessment by a care professional is required.

FITTING

- Open all straps ①.
- Insert your foot underneath the crossed straps **(A)**.
- Place your heel securely at the back of the heel area **(B)**.
- Close the upper closure (around the lower leg) ②.
- Apply the correct tension to the inelastic straps **(C)**, pull the closure ③ upwards and fix it at the back of the leg.
- Close the elastic strap from the outside of the foot to the inside of the calf **(D)**, ensuring a comfortable tension ④.
- Then close the second elastic strap ⑤.
- You may need to retighten and close the inelastic straps ③ at this stage.
- In particular in the case of use by diabetic patients, the creation of folds or other pressure points must be avoided during fitting. For this group, regular checking of the feet for pressure points to avoid the risk of irritation is especially important.

INSTRUCTIONS FOR INDIVIDUAL FITTING BY A PROFESSIONAL SPECIALIST

Determining size

The Push AFO is available in three sizes in a left and right execution. Place the foot at a 90-degree angle in relation to the lower leg, in order to measure the exact size. Then measure the circumference around the heel and the instep of the foot as shown in the image. See table for the correct size for each foot circumference.

To be on the safe side, also check whether the measured size matches the user's shoe size.

Customising

The Push AFO must at various points be adjusted to size by a fitting professional.

The sole ⑤

Adjust the sole of the frame in such a way that it ends between the ball of the foot and the toes, without extending beyond the sides of the foot. The softshell sole is also customisable. Keep it just slightly longer than the frame sole, so that the edge of the frame is well padded.

The front closure

To adjust the front closure to the right size, the removable end of the front closure ① should be taken off the front closure. Next, the strap must be cut to size ② with a pair of scissors and the end must be put back again ③.

Individual setting

- To prevent the orthosis from being applied too tightly in the case of sensory loss, this should be done with extra care. The setting indicators (see Figure ④) make it possible to identify the individual settings for subsequent applications.
- In particular in the case of use by diabetic patients, the creation of folds or other pressure points must be avoided during fitting.
- If the user wears an insole that has been placed within the Push AFO (or if you are a technician designing such an insole), please make sure that the shape and size of the bottom of the insole closely match the shape of the Push AFO.

WASHING INSTRUCTIONS

To promote hygiene and to maximise the lifespan of the brace, it is important to wash the brace regularly, following the washing instructions.

If you intend not to use the brace for some time, it is recommended that you wash and dry the brace before storage.

Before washing, close the hook and loop fasteners to protect the brace and other laundry.

The brace can be washed at temperatures up to 30 °C, on a delicate fabric cycle or by hand. Do not use any bleaching agents.

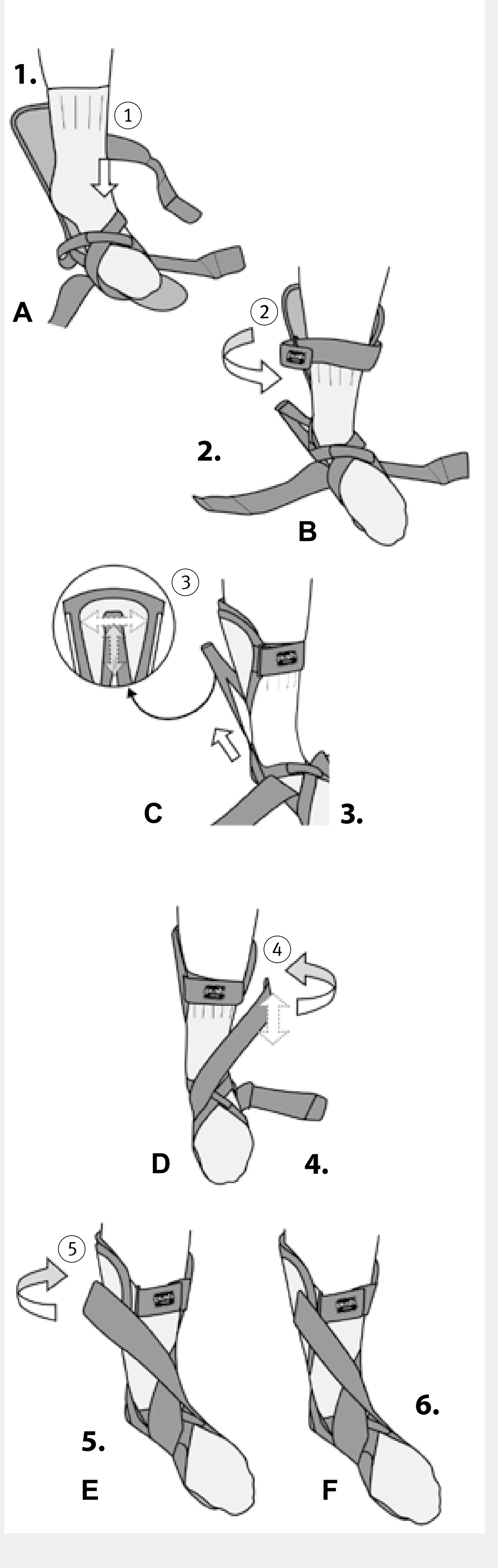
A gentle spin-dry cycle can be used: after this, hang the brace up to dry in the open air (not near a heating source or in a tumble drier).

IMPORTANT

- The efficient use of Push AFO depends on the correct diagnosis.
  Always check first with a specialist before using a orthosis.
- Push braces were designed to be worn on an undamaged skin. Damaged skin must first be covered with suitable material.
- In the case of poor blood circulation in the limbs, an orthosis may cause hyperaemia.
  Avoid applying the orthosis too tightly in the beginning.
- Optimal functioning can only be achieved by selecting the right size. Therefore, try on your orthosis before purchasing, to check its size. Your retailer's professional staff will explain the best way to fit your orthosis. We recommend that you keep this product information in a safe place, to consult it for fitting instructions whenever needed.
- Check your Push orthosis each time before using for signs of wear or ageing of parts or seams. Optimal performance of your Push orthosis can only be guaranteed if the product is fully intact.
- To promote the useful life of the orthosis, it should not be exposed to temperatures above 70 °C.
- The use of a rigid orthosis within a shoe may cause accelerated wear of the inside of the shoe.
- To make it easier to get into the shoe, the Push AFO has a smooth surface, also at the sole of the foot. To prevent slipping, the orthosis should be worn inside a shoe/shower sandal/slipper.
- The Push AFO should be worn over a sock and inside a shoe/shower sandal/slipper.
- If you wear an insole for foot support, this should be placed inside the Push AFO. In that case, please make sure that the shape and size of the bottom of the insole closely match the shape of the Push AFO.
- The Push AFO is suitable for intensive use, such as sports involving sharp turns, crouching/kneeling and jumping. Please note, however, that intensive stress may reduce the product's lifespan.
- To make it easier to get into shoes, we recommend the use of a shoehorn. This also prevents users from pulling on parts that could hurt their fingers.
- In accordance with EU regulation 2017/745 on medical devices, the user must report any serious incident involving the product to the manufacturer and to the appropriate regulatory body in the user's country of residence.

Push® is a registered trademark of Nea International bv
For details of the distributor in your country, we refer to
www.push.eu/distributors Patented product

WWW.PUSH.EU



ОРТЕЗ ГОМІЛКОВОСТОПНИЙ
PUSH ORTHO ANKLE FOOT ORTHOSIS AFO
АРТИКУЛ: 3.20.3

ВСТУП

Ортези серії Ortho торговельної марки Push забезпечують ефективні рішення у випадку порушення або зниженого функціонування опорно-рухового апарату.

Ваш новий ортез Push Ortho характеризується високим рівнем ефективності, комфорту та якості. Push ortho використовується у випадку скарг або погіршеної функції опорно-рухового апарату. Ключовою є відповідна механічна підтримка. Ортез гомілковостопний Push ortho Ankle Foot Orthosis AFO може відігравати важливу роль у випадках репозиції та стабілізації, що компенсує втрату нормальної функції.

Вироби Push ortho є інноваційними та виробляються для вас з особливою обережністю. Це забезпечує максимальну безпеку та більшу свободу руху. Сприяють отриманню задоволення від користування.

Перед застосуванням ортеза уважно ознайомтеся з інструкцією.

Якщо Ви маєте будь-які питання, будь ласка, зверніться за консультацією до дистриб'ютора або надішліть електронний лист на адресу alkom@alkom.ua чи info@push.eu.

ВЛАСТИВОСТІ ВИРОБУ

Ортез гомілковостопний Push ortho Ankle Foot Orthosis AFO забезпечує ефективну підтримку у випадку звисання стопи, забезпечуючи мінімальне порушення природної ...

...

зареєстрований, про будь-який серйозний інцидент, пов'язаний з продуктом.

Артикул	3.20.3
Виробник	Nea International bv (Неа Інтернешнл біві) www.push.eu
Імпортер	ТОВ «Торговий дім Алком» Україна, 02217 Київ Вул Т. Драйзера, 8
Претензії приймає уповноважений представник в Україні	ТОВ «Торговий дім Алком» за адресою: Україна, 02217, м. Київ, Вул Т. Драйзера, 8 Телефон: +38 (044) 548-35-33

PUSH® ORTHO 踝足矫形器 AFO

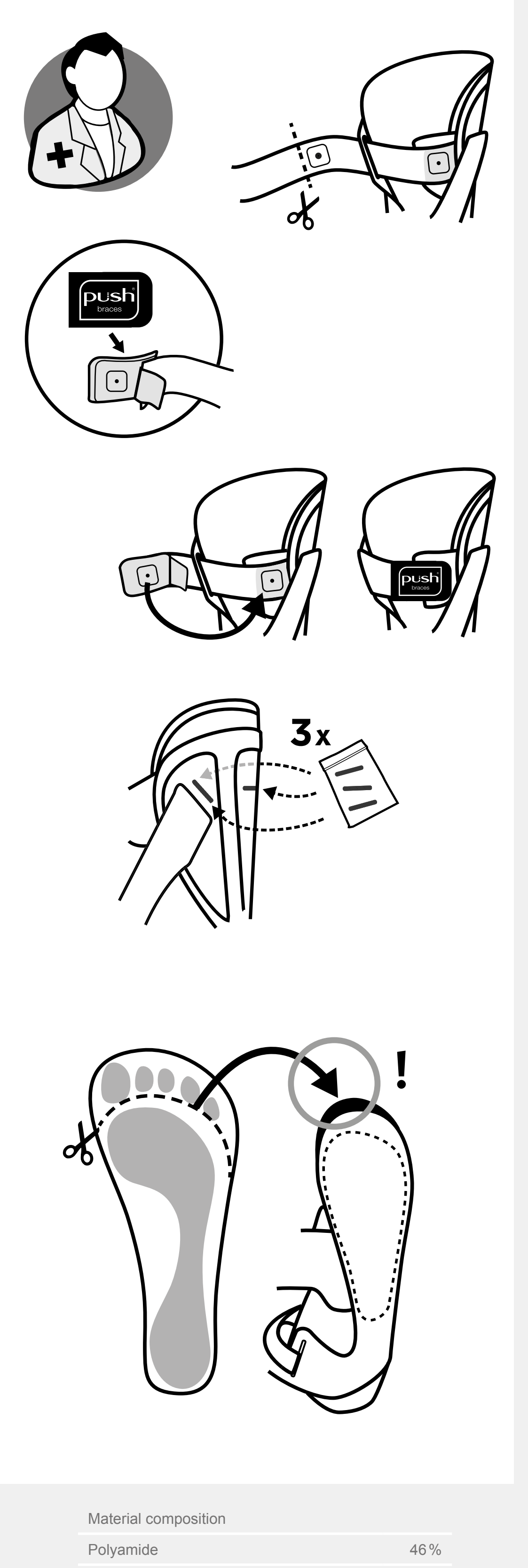
ORTHÈSE PLANTAIRE PUSH® ORTHO AFO

ORTOZĂ PENTRU GLEZNĂ ȘI PICIOR PUSH® ORTHO AFO

„PUSH® ORTHO" KULKŠNIES IR PĖDOS ĮTVARAS „AFO"

PUSH® ORTHO POTĪTES-PĒDAS ORTOZE AFO

PUSH® ORTHO AYAK BİLEĞİ, AYAK ORTEZİ (AFO)



Material composition	
Polyamide	46 %
Polyester	28 %
Polyethylene	10 %
Glassfiber	5 %
Elastan	2 %
Otherse	9 %
Latex free	

push® braces