

Otto Bock[®]

QUALITY FOR LIFE



Dyna Ankle

Dynamic Ankle Orthosis
designed by Prof. Dr. Grifka

Information for physicians and therapists

Dyna Ankle – Dynamic Ankle Orthosis

50S1

Indication, Function and Effects

Ankle joint distortions with lateral ligament ruptures are commonly caused by forced plantar flexion-supination. This usually affects the anterior talofibular ligament making it important to relieve ligamentous strain during orthotic treatment.

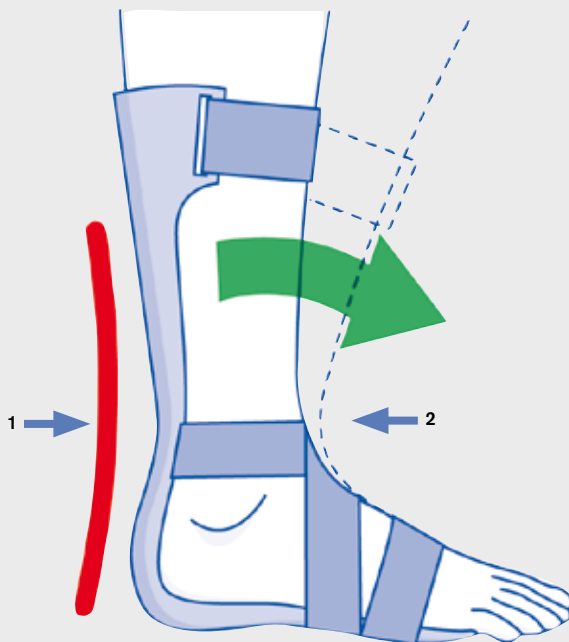
Dyna Ankle, the dynamic ankle orthosis designed for functional treatment, places the foot in moderate pronation and dorsiflexion. The dynamic restraint limits plantar flexion and supination (best reduction rate in comparison*), while preserving range of motion in pronation and dorsiflexion. The latest comparison tests confirm that the Dyna Ankle provides the “best possible protection” with maximum comfort.*

*J. Matussek, “Sprunggelenksorthesenprüfung unter Einsatz eines neu entwickelten plyometrischen Testverfahrens” (Testing ankle orthoses by means of new plyometric technique)

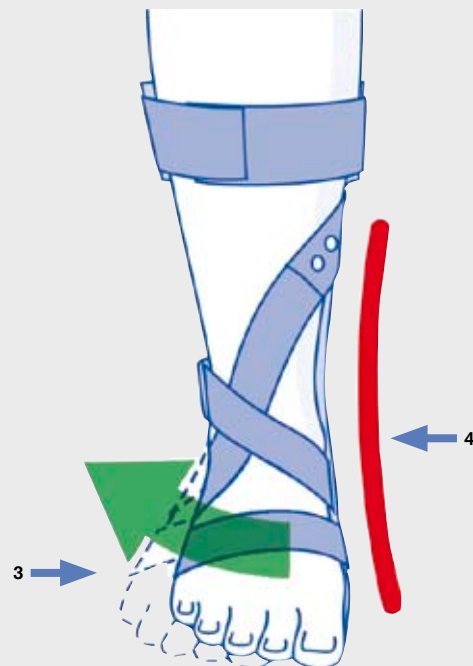
Received the MOT-award in 2000

Published in: Med. Orth. Tech. 120 (2000) p. 72-81
(646D103, only available in German)

Support you can rely on



- 1 prevents plantar flexion
- 2 provides dorsal extension



- 3 provides pronation
- 4 prevents supination

Applying the Orthosis



1 Place the foot in the plastic shell and slide the heel to the back.



2 Pull the lower hook and loop strap from the inside of the foot across the top of the foot, through the outer plastic guide, and tighten the strap so that the heel fits snugly in the shell.



3 Put the upper hook and loop strap through the plastic loop and fasten it.



4 Fasten the hook and loop strap on the forefoot as well.



5 Slightly stretch the elastic functional strap and fasten it. The shape of the orthosis and tension of the strap ensure that the joint is correctly positioned and reduce displacement.



6 To put a shoe on over the orthosis, make sure the laces are very loose so that the shoe will slip on easily.



Application, Design and Fitting of the Orthosis

The trimlines and straps are positioned to leave the outer ankle free, and allow for immediate application following injury. Pressure points are avoided and heat and ice may be applied with the orthosis in place.

After serving its initial function as an immobilizer during the first two weeks, and subject to physicians approval, the orthosis may be worn during weight bearing activities. For stability, the Dyna Ankle is generally worn six weeks both day and night and should be removed only for bathing.

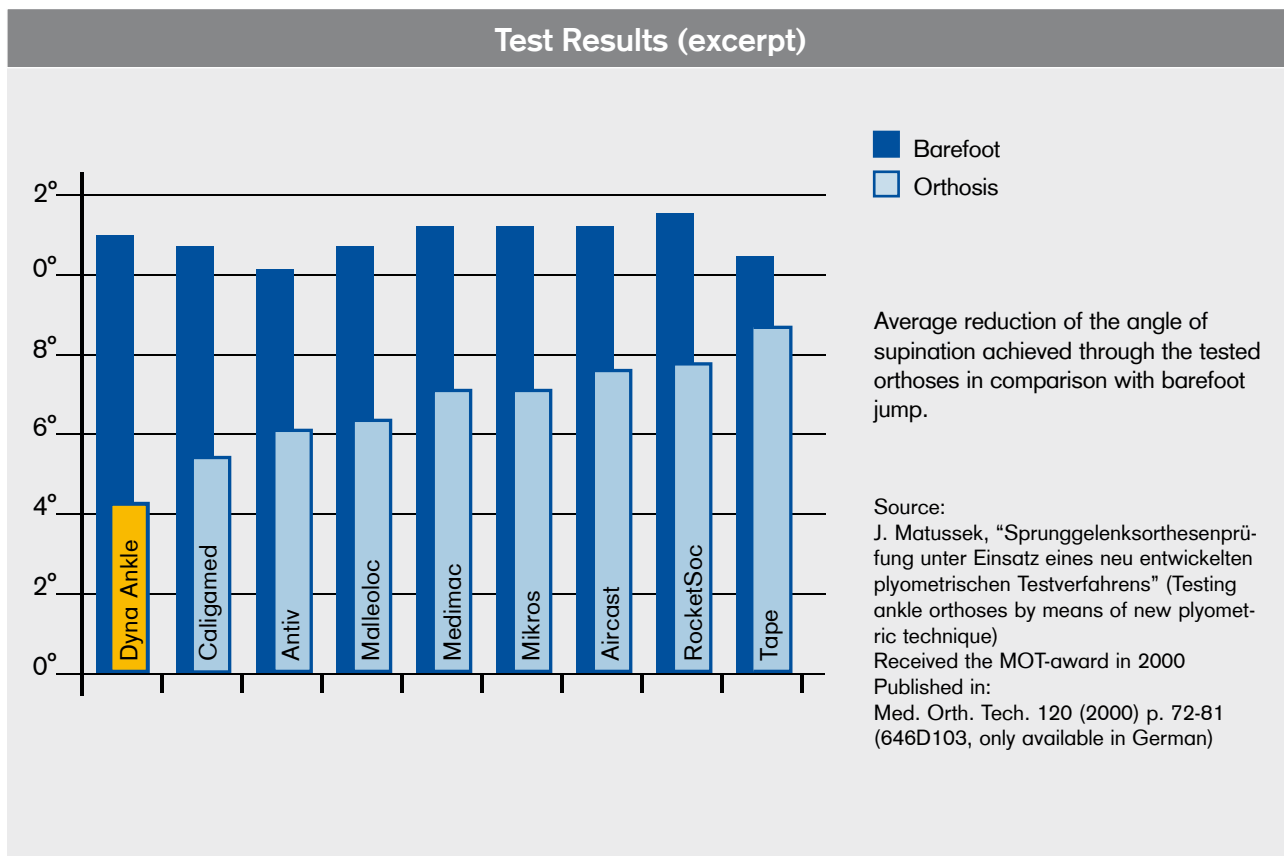
The injection molded polypropylene orthosis may be slightly modified with heat. Do not heat to temperatures exceeding 90 °C (194°F).

We've included extra-long hook and loop straps with the Dyna Ankle, which should be shortened to the appropriate length during fitting. The orthosis is waterproof and easy to care for.

Dyna Ankle Features

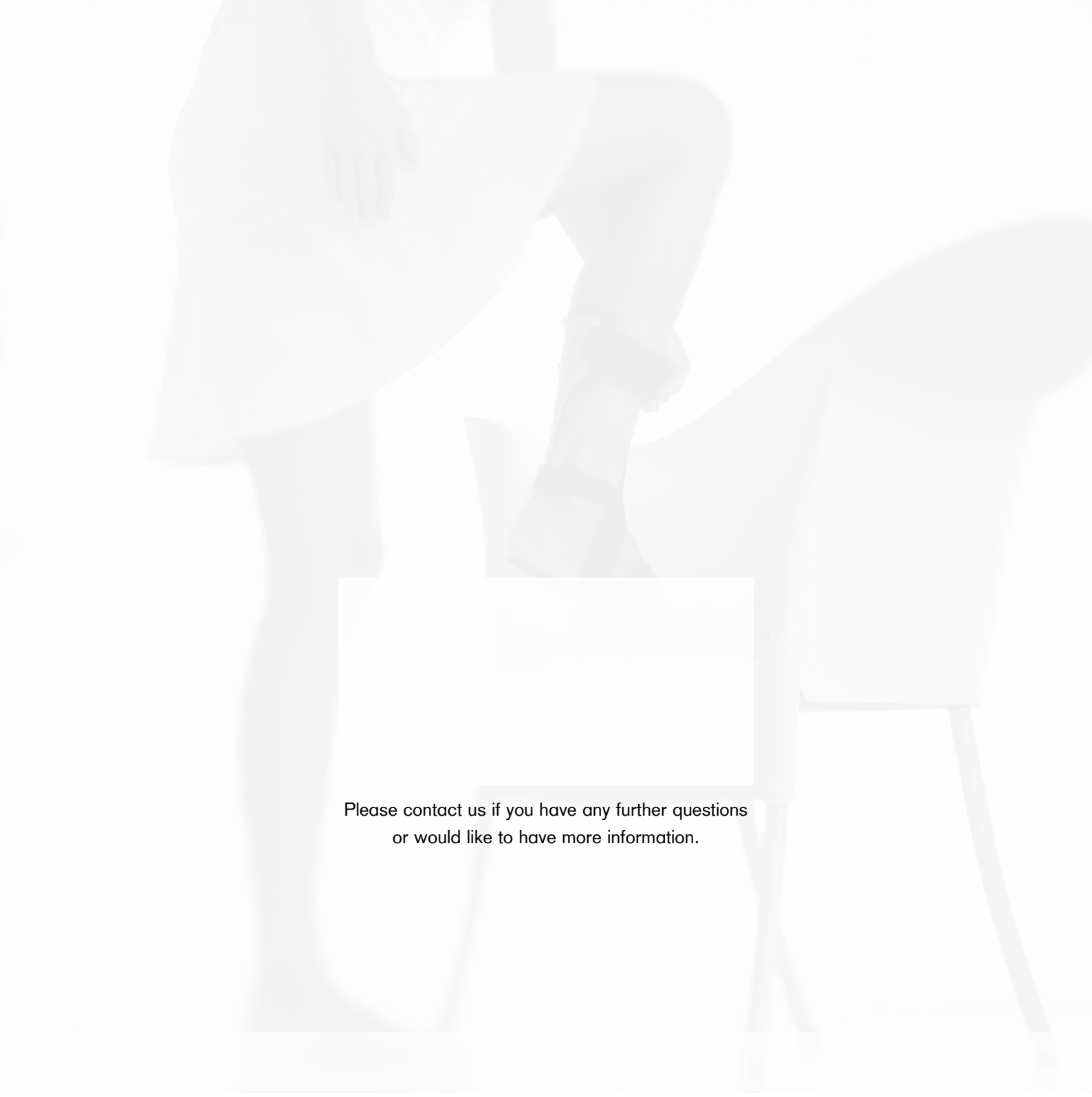


- The Dyna Ankle Orthosis is multifunctional: without shoe it can be used for stability while sleeping and, subject to physicians approval, it may be worn in the shoe during weight-bearing activities
- Suitable for immediate post-traumatic application
- Local treatment, such as applying ice, is possible with the orthosis in place
- Open outer ankle design avoids pressure points
- Can be custom fitted by the orthopedic technician
- Unique foot plate shape and the dynamic restraint system offer precise guidance
- Ideal pressure distribution
- Hygienic



Latest comparison tests prove:
 the Dyna Ankle provides the "best possible protection",
 and the highest reduction of supination angle – with
 maximum comfort.*

Dyna Ankle sizes			
Article number	Side		Shoe size
50S1	left	right	35-37
	left	right	37-39
	left	right	39-41
	left	right	41-44



Please contact us if you have any further questions
or would like to have more information.

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