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| Picture | Picture | Picture | picture | picture |
| Your ideal brace  Drop down box | In other words  Drop down box | Living with your new brace  Drop down box | Tips and insights  Drop down box | Who we are |

Goals drop down on banner—

Whether you are getting a new leg brace for the first time or whether you have been a lifelong brace wearer, getting a new brace can be a life-changing event. With the advent of new materials and increased understanding of how the body works, bracing technology has changed and improved significantly over the past 20 years and brace wearers now have choices that were not available before. The good news is that with thought, research and advocacy, brace wearers can often get braces that better fit their needs, allow for better mobility, and even look good!

This web site can help you with that search for your “best brace” and/or can be used by your medical service provider to help you in your search! The contents of this site are the product of five long-time brace wearers who are sharing their insights, knowledge and opinions with you as you begin your journey into the world of brace wearing!

Contact us—

Disclaimers— The information on this web site is not intended to be either prescriptions or medical advice and should not read as such by our visitors. The authors are only sharing what they have learned over their lifetimes in their search for their “best brace.”

**Contents of the drop-down boxes**

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| Your Ideal brace  Drop down box |
| The best/ideal brace weighs nothing, fits against the leg like a sock, holds you up and helps you walk, looks good and costs nothing! You won’t find it anywhere but you can improve the odds of getting a brace that fits your needs best by filling out the attached workbook, by doing the research into the options that meet your needs and standards and by advocating for that brace with your health care professionals (and your insurance company!) |
| Exploring Leg Bracing Options— |

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| In Other Words  Drop Down box |
| It helps to know what the professions are talking about, especially when they are in simple, every-day language. |
| Common Terms Used in Leg Bracing  Appendix to definitions |

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| Living with your new brace  Drop down box | Alternative title—Food for Thought |
| For most people, getting a new brace is more than seeing an orthotist (brace maker), being fitted for a brace and walking out the door and on to a new life. Explore some of the other factors that others have encountered. | Each person who wears a brace is unique. Each brace, how it is used and how it fits has its unique characteristics. This means that the information here may or may not apply to everyone or may apply in varying degrees, depending on the person, and the brace. |
| Marny video lecture |  |
| Essays  drop down box | * Factors to consider * Expectations & Reality * About Learning * Trust * Communication * Rules * Aches & Pains * Skin issues |
| Shoes, stockings, socks and footwear  Drop down box | * Shoes * Stockings, socks & Underliners |
| Physical Therapy  Drop down box— |  |
| Physical therapy will help you get the best out of your new brace by guiding you in the walking process, and helping trouble-shoot any issues that come up. | * Selecting a physical therapist * Goals for wearers and PTs * Learning process considerations for a PT * Some helpful practice hints * Pre-preparation for a new brace |
| Driving with a locked ankle brace |  |
| Insurance |  |
| TSA |  |
| Supplemental equipment |  |

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| Newsletters  Drop down box |
| Issue 1 |
| Issue 2 etc |

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| Tips and insights. (Karla—please correct this)  Drop down box—need an introductory statement |  |
| Video 1 |  |
| Video 2 |  |
| Etc. |  |
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| Who We Are  Drop down box |
| The Human Gait Institute (HGI) is a 501(c)(3) non-profit organization whose mission is to help people who need lower extremity leg bracing get the best brace for their needs. The Board and members of HGI bring over 200 years of experience from their searches for their “perfect brace” and share what they have learned from their own personal quests. Although most of them are polio survivors living with a long-term neuromuscular disorder, what they have learned can apply, to some degree, to anyone needs lower extremity bracing whether it as the result of a stroke, an accident, an autoimmune disorder or any other long-term disability that results in the need for bracing.  Dr. Marny Eulberg, M.D., of the Mountain and Plains Post-Polio Clinic, has worn a leg brace most of the time since she was 4 years old. She initiated her own search when she learned that to best meet her needs, she would have to either go into a long-leg (KAFO) conventional brace or find a custom alternative that would meet her needs. After she initiated her search and found her “best brace,” she founded HGI and brought four others along to share their journeys.  Jim Dean, a retired attorney, did not wear a leg brace until he was in his 60s. Since then he has tried three different types of braces including a conventional brace and two custom braces. His results have varied, but he custom braces have provided more assistance than the conventional brace.  Margaret Hinman, a retired educator, has been in and out of bracing since she was 11 years old. After wearing a long-leg brace (KAFO) for 5 years, she quit bracing for over twenty years, and only went back to bracing when she hurt so bad she could not walk. Her current “best brace” is over 10 years old and acquired after trying almost every conventional and custom brace she could find that did not work.  Mike Mzozowicz has never walked without a leg brace. He has always worn a custom brace, including trying an electronic exoskeleton which did not meet his needs. He has been using his current “best brace” for over ? years.  Karla Stromberger, a retired pediatric physical therapist, went into bracing as a mature adult. She has braces on both legs, one a short leg brace (AFO) and one a long leg brace (KAFO). Her “best braces” have allowed her to be physically active, hiking, walking on the beach, and playing bocce ball.  Steve Medberry D.P.T—a practicing physical therapist, wears two short leg braces (AFO’s) as a result of an autoimmune disorder that he contracted in his late teens. He is still looking of his “best braces.” |

Not addressed—the matrix!

What else do we need?