

28F10N Heel Relief Orthosis

designed by Dr. Settner/CPO Münch



Quality for life

Mobile despite calcaneal fracture

The 28F10N Heel Relief Orthosis designed by Dr. Settner/CPO Münch has proven effective for calcaneal fractures since 1998. It allows the patient to achieve a nearly normal physiological gait and facilitates rapid rehabilitation. Its unique design has now been developed further.

Patients can usually walk again just 6 to 8 days after the injury when using the 28F10N Heel Relief Orthosis designed by Dr. Settner/CPO Münch! This early mobilisation can promote the healing process so that patients can often switch to orthopaedic shoes or inserts as early as week 12.

The mechanism of action of the heel relief orthosis is proven: it relieves the heel while loading the sole of the foot. Heel loading can be increased in three stages using compression pads.

You as the technician can easily adapt the orthosis to meet the individual requirements of the patient.

The sole has a new flexible design that allows an improved gait pattern in the forefoot region. The orthosis look is also new: sporty and modern for even better user acceptance. In addition, the size range was also expanded. The orthosis is now available from shoe size 36 to 50.



Important information at a glance



Indication

- Unilateral and bilateral calcaneal fractures, regardless of the fracture type and primary treatment method (surgery/conservative)
- Adjustment for arthrodesis of the lower ankle

Principle of the floating heel

“Floating heel” means that the calcaneal bone is relieved by bracing the longitudinal arch and supporting the calf. Using compression pads, the orthosis gradually increases loading.

The treatment concept of the heel relief orthosis designed by Dr. Settner/CPO Münch was already confirmed in 2005 in a comparative study* with patients in the BG (occupational health and safety) Hospital in Duisburg-Buchholz. The principle of the floating heel in combination with the different compression pads for partial and full loading reduces treatment time to usually only 12 weeks.

*See reference on page 7.

The “floating heel” in combination with the compression pads and the flexible sole design allow:

- Early mobilisation of the patient
- Improved bone metabolism and healing
- Support for neuromuscular function and prevention of further muscle atrophy
- Active muscle pump mechanism for thrombosis prophylaxis
- Reduces the duration of illness and treatment costs
- Physiological rollover in the forefoot region
- Individually adaptable to the respective healing process with controlled load increase



Dr. Bahram Biglari
Head physician
at the BG Hospital
Ludwigshafen

“I use the heel relief orthosis because the principle of the floating heel and the new flexible sole in the forefoot region make it very suitable. My patients accept the orthosis and use it.”

Treatment plan after calcaneal fractures

(This plan is only a recommendation and is independent of the type of fracture and treatment approach. Only the physician can make a final assessment of the individual case.)

Day 8 to 12	Full weight-bearing without crutches
Week 4	1st x-ray evaluation (lateral view of upper ankle, specific view of calcaneus; lateral view of upper ankle under full weight bearing/Hallgrímsson imaging)
Week 6	1st compression pad
Week 8	2nd x-ray evaluation / 2nd compression pad
Week 10	3rd compression pad
Week 11	Scan of the foot and fabrication of orthopaedic shoes within 5-6 days
Week 12	Conclusion of medical treatment/test for fitness for work for worker's compensation cases

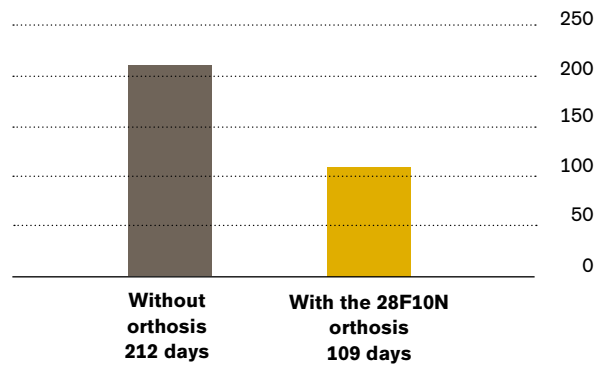
Clear reduction of treatment costs

Calcaneal fractures cause approx. € 500 million consequential costs for the German occupational health and safety agencies alone. In studies* conducted by the BG Hospital Duisburg-Buchholz and the occupational health and safety agency for construction in Rheinland and Westfalen, the 28F10N Heel Relief Orthosis designed by Dr. Settner/CPO Münch was proven to reduce costs considerably:

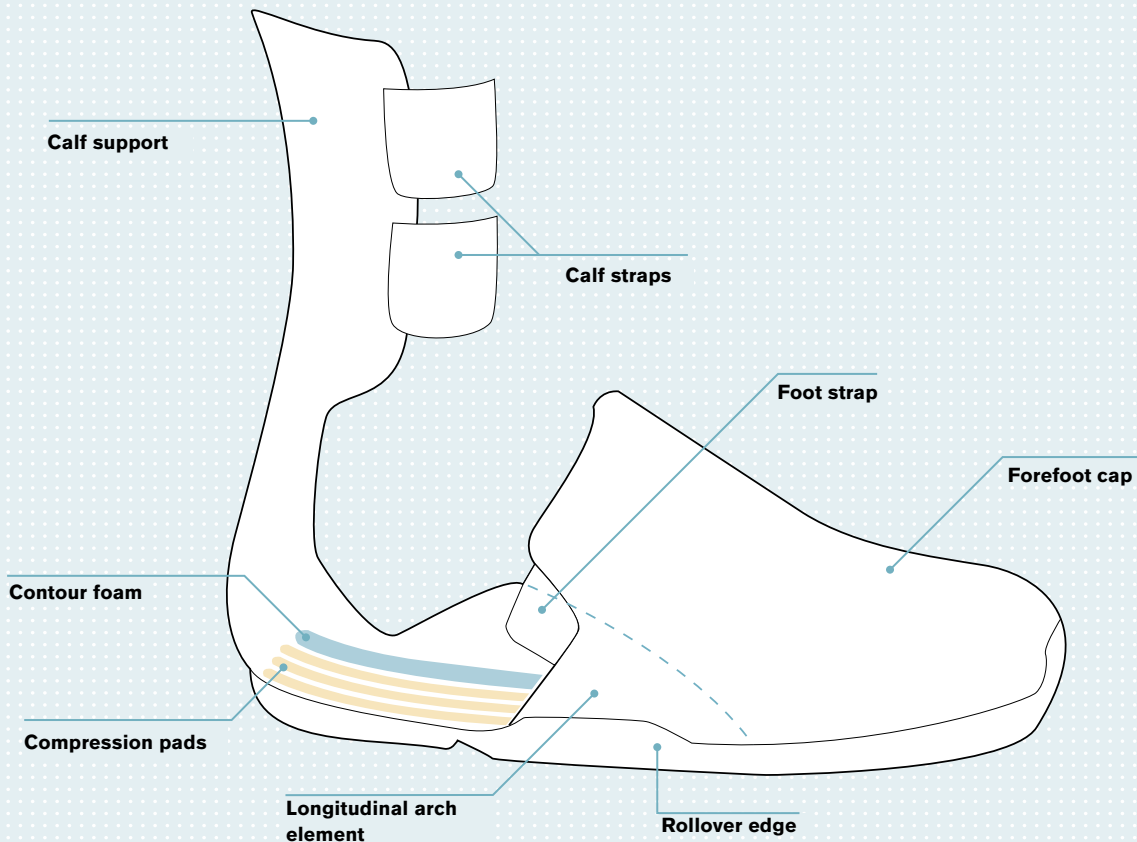
- Absences were reduced from an average of 212 days to 109 days.
- Hospitalisation time was cut in half.
- The total costs of treatment were reduced from an average of € 28,415 to € 12,226.

*See reference on page 7.

Reduction of disability days



Design of the orthosis



Individually adjustable



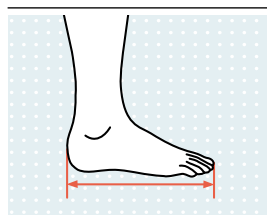
• Scope of delivery of the heel relief orthosis



• Thermoplastic shaping

Ordering information

Size chart | Example: 28F10N=L



Shoe size	Size
36 – 41	S
42 – 46	M
47 – 50	L

Reference

646D223	* BG 05/2005: „Wirtschaftlichkeit der Fersenentlastungsorthese“
646D145=GB	Orthopädie Technik 02/2002: „Proof of Functionality of the Heel Relief Orthosis according to Dr. Settner/Münch“

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