

Product Size Guide

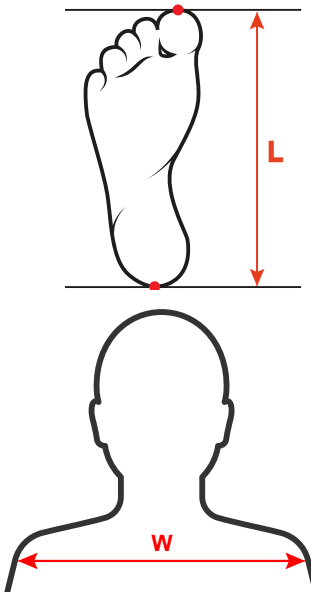


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Ankle Foot Orthosis

Clubfoot Ankle Foot Orthosis' should fit closely to the patient's foot. The toe strap should cover the toes and the toes should not extend beyond the end of the AFO liner. The size guide below provides for some growing room. To select the required size measure the foot length as shown in the diagram. This can be achieved without special equipment by standing the patient on a sheet of paper and drawing the two parallel lines at the heel and toe. Then use a ruler to measure the length L in millimeters (mm). So for example a 120mm foot would normally require a size 4 AFO. This would allow for at least 7mm of growth.

Foot Length L (mm)	Sandal Size
60 to 62	Preemie 1
63 to 66	Preemie 2
67 to 70	0000
71 to 75	000
76 to 80	00
81 to 87	0
88 to 92	1
93 to 102	2
103 to 112	3
113 to 122	4
123 to 132	5
133 to 142	6
143 to 152	7
153 to 162	8
163 to 172	9
173 to 182	10
183 to 192	11
193 to 202	12



External Rotation Bars

External Rotation Bars are generally adjusted to set the heels of the AFO at shoulder width apart. There are three sizes of Mitchell Bar and two sizes of D-Bar. The tables below provide further details.

D-Bar Europe Bars

Size	Min. Width (mm)	Max. Width (mm)
Small	152	228
Regular	228	355

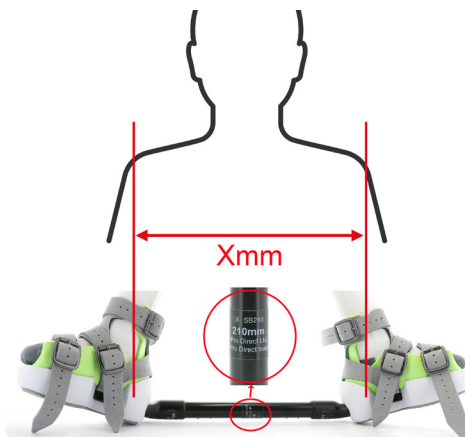
Mitchell Bars

Size	Min. Width (mm)	Max. Width (mm)
Extra Short	173	250
Short	200	300
Long	235	378

ADM Modular Bracing System Bars

ADM Modular Brace System Bars are fixed length. When ordered with a pair of AFOs the most typical bar length for the AFO size will be provided as per the table below unless otherwise specified. The Bar length ordered relates to the width (Xmm) between the heels of the AFOs and not the actual length of the bar.

Clip Range	Shoulder Width / Bar Size (mm)	Typical Sandal Size
Small	130	Note 2
Small	150	Note 2
Small	170	0000 to 00
Small	190	0 to 1
Small	210	2
Small	230	3
Small	250	4
Small	270	5
Small	290	
Large	250	
Large	270	6 to 7
Large	290	7 to 8
Large	310	8 to 9
Large	330	10 to 11
Large	350	11 to 12



NOTES:

1. AFOs up to size 5 use the Small Clip Range and AFOs size 6 and over use the Large Clip Range bars.
2. 130mm and 150mm bars are extra short / extra light in weight and supplied with permanently attached clip ends. Clip requirements must be specified with each order eg., 130mm Left 30 Right 60

ADM Modular Bracing System Clips

ADM Modular Brace Bar Clips have a fixed angle. They come in two sizes, Left and Right and four abduction angles (70, 60, 45 and 30 degrees). For example an order for a Left side unilateral clubfoot patient, size 2 AFO would require a Small Left 60 and a Small Right 30 clip. The standard bar length for a size 2 AFO is 210mm.

Clip Range	External Rotation Angle (deg)	Typical Application
Small	70	Clubfoot
Small	60	Clubfoot
Small	45	Complex clubfoot
Small	30	Non-Clubfoot
Large	70	Clubfoot
Large	60	Clubfoot
Large	45	Complex clubfoot
Large	30	Non-Clubfoot

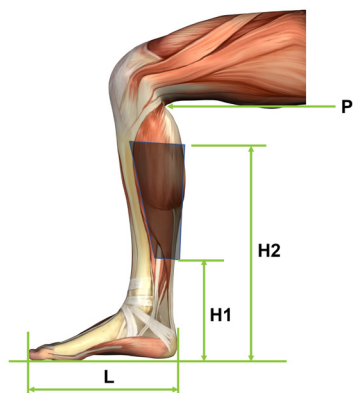


Abduction Dorsiflexion Mechanism

ADMs are supplied in eight sizes from XXXS to L. An additional X-Large size is also available on request for small adult feet over 202mm in length. ADM Size selection is based on foot length using the table below. The required ADM spring configuration must also be specified. Most clubfoot patients with well corrected feet will achieve a good position and a degree of stretch that can be tolerated during sleep with **Standard STJ** (Sub-Talar Joint) and **Standard TTJ** (Tibio-Talar Joint) springs. However, Stronger and Softer options for these springs are also available. More details on spring selection are provided at the end of this guide. Stronger ADMs must be used as the patient grows and larger sized AFOs or footwear is used. **Failing to increase the ADM strength or size as the child grows may compromise the effectiveness of the ADM device.**

For help, advice and guidance on ADM sizing or spring selection please contact C-Pro Direct by email at clinicalsupport@c-prodirect.com. When contacting Clinical Support please provide details of the AFO sizes, ADM sizes and spring configurations. Please also provide photographs to illustrate your question.

L Foot Length Range (mm)	ADM Size	AFO Size	H2 Max Height (mm)	H1 Min Height (mm)	Lower Strap Circumference Range (mm)	Upper Strap Circumference Range (mm)
81 to 92	XXXS	0 to 1	115	65	100 to 200	120 to 220
93 to 102	XXS	2	136	76	80 to 180	100 to 200
103 to 122	XS	3 to 4	156	76	80 to 210	110 to 230
123 to 132	S	5	185	76	80 to 210	130 to 250
133 to 142	SM	6	188	84	80 to 210	130 to 250
143 to 162	M	7 to 8	210	90	90 to 210	140 to 250
163 to 172	ML	9 to 10	223	103	90 to 210	150 to 270
173 to 202	L	11 to 12	250	103	100 to 240	150 to 290



The Leg Attachment part of the ADM should sit above the ankle joint and below the popliteal crease. In most circumstances the standard sizing linked to foot length will be satisfactory. In cases of unusual leg dimensions we will do our best to assist. Please contact us with details of:

- Foot length (L)
- Length of Leg to popliteal crease (P)
- Leg circumference at H1 and H2 for the applicable sized ADM as per the table above

ADM Spring Combinations

ADMs are most commonly ordered with Standard STJ and Standard TTJ springs. The springs used in these Standard devices are highlighte in grey rows. The following tables also show 8 additional spring options that can be provided for each size of ADM.

Foot Length Range (mm)	AFO Size	ADM Size	STJ Type	STJ (Nmm)	TTJ Type	TTJ (Nmm)
81 to 87	0	XXXS	Standard	90	Standard	90
81 to 87	0	XXXS	Standard	90	Soft	70
81 to 87	0	XXXS	Standard	90	Strong	110
81 to 87	0	XXXS	Soft	70	Standard	90
81 to 87	0	XXXS	Soft	70	Soft	70
81 to 87	0	XXXS	Soft	70	Strong	110
81 to 87	0	XXXS	Strong	110	Standard	90
81 to 87	0	XXXS	Strong	110	Soft	70
81 to 87	0	XXXS	Strong	110	Strong	110
88 to 92	1	XXXS	Standard	120	Standard	120
88 to 92	1	XXXS	Standard	120	Soft	90
88 to 92	1	XXXS	Standard	120	Strong	170
88 to 92	1	XXXS	Soft	90	Standard	120
88 to 92	1	XXXS	Soft	90	Soft	90
88 to 92	1	XXXS	Soft	90	Strong	170
88 to 92	1	XXXS	Strong	170	Standard	120
88 to 92	1	XXXS	Strong	170	Soft	90
88 to 92	1	XXXS	Strong	170	Strong	170
93 to 102	2	XXS	Standard	170	Standard	170
93 to 102	2	XXS	Standard	170	Soft	120
93 to 102	2	XXS	Standard	170	Strong	240
93 to 102	2	XXS	Soft	120	Standard	170
93 to 102	2	XXS	Soft	120	Soft	120
93 to 102	2	XXS	Soft	120	Strong	240
93 to 102	2	XXS	Strong	240	Standard	170
93 to 102	2	XXS	Strong	240	Soft	120
93 to 102	2	XXS	Strong	240	Strong	240

Foot Length Range (mm)	AFO Size	ADM Size	STJ Type	STJ (Nmm)	TTJ Type	TTJ (Nmm)
103 to 112	3	XS	Standard	170	Standard	240
103 to 112	3	XS	Standard	170	Soft	170
103 to 112	3	XS	Standard	170	Strong	310
103 to 112	3	XS	Soft	120	Standard	240
103 to 112	3	XS	Soft	120	Soft	170
103 to 112	3	XS	Soft	120	Strong	310
103 to 112	3	XS	Strong	240	Standard	240
103 to 112	3	XS	Strong	240	Soft	170
103 to 112	3	XS	Strong	240	Strong	310
113 to 122	4	XS	Standard	240	Standard	310
113 to 122	4	XS	Standard	240	Soft	240
113 to 122	4	XS	Standard	240	Strong	420
113 to 122	4	XS	Soft	170	Standard	310
113 to 122	4	XS	Soft	170	Soft	240
113 to 122	4	XS	Soft	170	Strong	420
113 to 122	4	XS	Strong	310	Standard	310
113 to 122	4	XS	Strong	310	Soft	240
113 to 122	4	XS	Strong	310	Strong	420
123 to 132	5	S	Standard	310	Standard	420
123 to 132	5	S	Standard	310	Soft	310
123 to 132	5	S	Standard	310	Strong	490
123 to 132	5	S	Soft	240	Standard	420
123 to 132	5	S	Soft	240	Soft	310
123 to 132	5	S	Soft	240	Strong	490
123 to 132	5	S	Strong	420	Standard	420
123 to 132	5	S	Strong	420	Soft	310
123 to 132	5	S	Strong	420	Strong	490

Foot Length Range (mm)	AFO Size	ADM Size	STJ Type	STJ (Nmm)	TTJ Type	TTJ (Nmm)
133 to 142	6	SM	Standard	400	Standard	510
133 to 142	6	SM	Standard	400	Soft	400
133 to 142	6	SM	Standard	400	Strong	600
133 to 142	6	SM	Soft	320	Standard	510
133 to 142	6	SM	Soft	320	Soft	400
133 to 142	6	SM	Soft	320	Strong	600
133 to 142	6	SM	Strong	510	Standard	510
133 to 142	6	SM	Strong	510	Soft	400
133 to 142	6	SM	Strong	510	Strong	600
143 to 152	7	M	Standard	510	Standard	600
143 to 152	7	M	Standard	510	Soft	510
143 to 152	7	M	Standard	510	Strong	780
143 to 152	7	M	Soft	400	Standard	600
143 to 152	7	M	Soft	400	Soft	510
143 to 152	7	M	Soft	400	Strong	780
143 to 152	7	M	Strong	600	Standard	600
143 to 152	7	M	Strong	600	Soft	510
143 to 152	7	M	Strong	600	Strong	780
153 to 162	8	M	Standard	600	Standard	780
153 to 162	8	M	Standard	600	Soft	600
153 to 162	8	M	Standard	600	Strong	960
153 to 162	8	M	Soft	510	Standard	780
153 to 162	8	M	Soft	510	Soft	600
153 to 162	8	M	Soft	510	Strong	960
153 to 162	8	M	Strong	780	Standard	780
153 to 162	8	M	Strong	780	Soft	600
153 to 162	8	M	Strong	780	Strong	960

Foot Length Range (mm)	AFO Size	ADM Size	STJ Type	STJ (Nmm)	TTJ Type	TTJ (Nmm)
163 to 172	9	ML	Standard	780	Standard	960
163 to 172	9	ML	Standard	780	Soft	780
163 to 172	9	ML	Standard	780	Strong	1330
163 to 172	9	ML	Soft	600	Standard	960
163 to 172	9	ML	Soft	600	Soft	780
163 to 172	9	ML	Soft	600	Strong	1330
163 to 172	9	ML	Strong	960	Standard	960
163 to 172	9	ML	Strong	960	Soft	780
163 to 172	9	ML	Strong	960	Strong	1330
173 to 182	10	ML	Standard	960	Standard	960
173 to 182	10	ML	Standard	960	Soft	780
173 to 182	10	ML	Standard	960	Strong	1330
173 to 182	10	ML	Soft	780	Standard	960
173 to 182	10	ML	Soft	780	Soft	780
173 to 182	10	ML	Soft	780	Strong	1330
173 to 182	10	ML	Strong	1330	Standard	960
173 to 182	10	ML	Strong	1330	Soft	780
173 to 182	10	ML	Strong	1330	Strong	1330
183 to 192	11	L	Standard	960	Standard	1330
183 to 192	11	L	Standard	960	Soft	960
183 to 192	11	L	Standard	960	Strong	1330
183 to 192	11	L	Soft	780	Standard	1330
183 to 192	11	L	Soft	780	Soft	960
183 to 192	11	L	Soft	780	Strong	1330
183 to 192	11	L	Strong	1330	Standard	1330
183 to 192	11	L	Strong	1330	Soft	960
183 to 192	11	L	Strong	1330	Strong	1330

Foot Length Range (mm)	AFO Size	ADM Size	STJ Type	STJ (Nmm)	TTJ Type	TTJ (Nmm)
193 to 202	12	L	Standard	960	Standard	1330
193 to 202	12	L	Standard	960	Soft	960
193 to 202	12	L	Standard	960	Strong	1330
193 to 202	12	L	Soft	780	Standard	1330
193 to 202	12	L	Soft	780	Soft	960
193 to 202	12	L	Soft	780	Strong	1330
193 to 202	12	L	Strong	1330	Standard	1330
193 to 202	12	L	Strong	1330	Soft	960
193 to 202	12	L	Strong	1330	Strong	1330

Generalised Spring Selection Guidance

Ultimately, the best ADM springs to use are the ones that achieve a good stretch to the foot and which can be tolerated by the patient in use. Foot position in the ADM is a good guide for night bracing provided the foot is well corrected and has good range of motion. Foot position should be evaluated when the patient is calm and relaxed. Foot position is less helpful if the patient has poor range and or stiff / resistant feet. ADMs used with Ambulatory footwear are best evaluated through careful observation of gait and comparisons with the changes desired.

The Standard STJ / TTJ spring option is a good choice for many ADM users, but alternative spring options can be considered.

Strong STJ (abduction) spring with Standard TTJ (dorsiflexion) spring: This provides a stronger abduction force and may be used where the Standard STJ is not sufficient. This combination is used mostly for clubfoot patients with very resistant feet. Many children use the Strong STJ option without any issue, but stronger springs will increase the possibility of patient intolerance.

Strong STJ (abduction) spring with Strong TTJ (dorsiflexion) spring: This option may be appropriate for patients with resistant feet and more body mass provided it can be tolerated in use.

Soft STJ (abduction) spring with Standard TTJ (dorsiflexion) spring: This provides less abducting force. Lighter abduction springs are often more appropriate for patients with hyper-mobility where the sub-talar (STJ) joint foot has low resistance to motion.

Soft STJ (abduction) spring with Soft TTJ (dorsiflexion) spring: The Light STJ Light TTJ option is for patients with low muscle tone and body mass. Such patients offer little resistance to the ADM spring forces and may show too much dorsiflexion in the Light (STJ) Standard (TTJ) spring configuration. If a satisfactory foot position is achieved with light springs then this may be all that is required.