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Static Progressive Stretch Ankle-Foot Orthosis

Static-Progressive Stretch orthoses are used to restore lost range of motion to contracted joints through the biomechanical principal of stress relaxation. During a stress relaxation and low-load stretch therapy session, the joint is brought to a pain-free stretched position and held there for several minutes, to allow for the surrounding tissues to relax and lengthen. This stretching technique safely and efficiently restores normal length to shortened tissues surrounding a joint, allowing for motion and use when stiffness develops after injury.

Directions:

- Begin with 1 session per day and add 1 session every 3 days as tolerated up to 3 sessions per day (e.g. Day 1-3 = 1 session per day / Day 4-6 = 2 sessions per day / Day 7-On = 3 sessions per day).
- Each session consists of 30 minutes. Rest at least 1 hour in between each session. If possible, perform one session in the morning, one in the afternoon and one at night. This is not practical for some patients but as long as you rest at least 1 hour between each session then perform the 3 sessions throughout the day at your convenience.
- Apply your brace only 2 times a day when you have Physical/Occupational Therapy scheduled.
- Alternate every session with your knee straight followed by your knee bent at 90° (unless told otherwise by your Physical Therapist).
- After your brace is on turn the crank so that your toes move up toward your nose. Keep turning the crank until you feel a pain free stretch. Your desired stretch should be represented on the following scale:



- During your session if you feel that the intensity has decreased, turn the crank more until you reach the desired stretch intensity.
- During your session if you feel that the intensity has increased, turn the crank back until you reach the desired stretch intensity.
- Following your session you may feel some joint stiffness. Move your ankle back and forth or do trace the A,B,C's with your foot to help relieve the stiffness.
- If possible, ice your ankle after your session is over (for a maximum of 30 minutes).

Important:

- Inform your Physical Therapist that you are using a Static Progressive Stretch device.
- If you have any issues with the brace please contact your practitioner.