

Ankle & Gait Systems are available in three models:

- ❑ **A Gait Trainer system**, designed for clinical and indoors use, to allow the clinician to position the ankle and foot during therapy, and to preview the effects of an AFO with DF assist + a free ankle.
- ❑ **A Sleeping system**, designed for calf muscle contracture prevention or management. This system implements the well-known strategy of applying low-load, prolonged elongation to shortened or hyperactive muscle and soft tissues to promote physiologic adaptation.
- ❑ **A Combination system** includes both Gait Trainer and Sleeping systems.

Indications:

The TheraTogs Ankle Dorsiflexion Assist System can be useful to persons **exhibiting calf muscle contracture - or the potential to develop a contracture** - in the presence of the following problems and diagnoses:



Gait Trainer



Sleep System Midfoot Support Strap



Sleep System Forefoot DF Strap

- Cerebral palsy
- Traumatic Brain Injury – acute, post-acute, and chronic phases
- Hemiplegia due to Stroke – acute, post-acute, and chronic phases
- Multiple Sclerosis
- Congenital Equinus Deformity
- Plantar fasciitis
- Idiopathic Toe Walking
- Talipes Equinovarus (flexible type)



Sleep System Added Midfoot and Toe Support Strap

Benefits and Unique Features – Sleeping System:

- **Midtarsal Joint Support Split Strap.** Midtarsal joint support is an essential component of foot deformity management, and comfort is essential to sleep. This strap can be applied to bias the foot position in favor of supination or pronation if those motions are readily available.
- **The Forefoot DF Strap** adds gentle, adjustable elongation to the calf musculature
- **The 5-pronged DF Split Strap** adds more midfoot stabilization while applying gentle elongation to the calf and toe flexion musculature and plantar fascia. The toes are supported against flexing in a cozy, adjustable wrap.

Benefits and Unique Features - Gait Trainer System:

- **Simplicity.** This temporary DF-assist device is made of elasticized, foam-lined, comfortable components that are easy to apply in minutes. The DF assist strap attaches to a pre-cut calf cuff and a durable, flexible, Velcro-sensitive shoe mount.
- **Training Assistance.** This system helps the user to experience improved ankle motion in gait without “taking over” for the DF musculature. The attending clinician can tune the DF-assist torque to accommodate changes in ankle function. Those clinicians who must manually assist their clients with foot clearance and placement while training on treadmills – with or without partial unweighting – will appreciate the usefulness of this helpful system.
- **Orthotic Evaluation.** If your client needs an AFO, and you’re curious whether she/he is ready to use an articulated free ankle with a DF-assist joint, this system will provide the opportunity to preview the effectiveness of an orthotic device with those features.

Model Configurations and Contents

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| Combination System (Coded "C") | Sleeping System (Coded "S") | <ul style="list-style-type: none"> • 1 Calf Cuff • 1 Midfoot Cuff • 1 Midfoot Support Split Strap • 1 Forefoot DF Strap • 1 5-pronged DF Split Strap • 1 sheet Double-Sided Velcro |
| | Gait Trainer System (Coded "G") | <ul style="list-style-type: none"> • 1 Calf Cuff • 1 Velcro®-sensitive Shoe Clip • 1 5-pronged Gait Trainer Split Strap |

All models also include: Closure and attachment tabs & *User Guide*.

Model Sizes

| Model # | Shoe Sizes | Model # | Shoe Sizes |
|------------|----------------------------------|------------|--------------------------------|
| #204 G/S/C | Toddler Girls & Boys: 3-8½ | #404 G/S/C | Girls/Wmn 5-8½ · Boys/Men 3-6½ |
| #304 G/S/C | Toddler 9-13½ · Girls & Boys 1-2 | #614 G/S/C | Women 9-12 · Men 7-9½ |
| #314 G/S/C | Girls & Boys 3-6 | #624 G/S/C | Men 10-15 |

How to Order

- In the USA, TheraTogs may be ordered through your local or regional orthotist or DME network, particularly if reimbursement is a requirement. See the TheraTogs website (www.theratogs.com) for a list of Providers in your area.
- TheraTogs are carried by leading distributors in the physical rehabilitation field all over the globe:

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| <p>In the USA:</p> <ul style="list-style-type: none"> • Sammons, Preston, Rolyan (Patterson Medical) • School Specialty / Abilitations • Southpaw Enterprises • Flaghouse • TherAdapt | <p>Outside the USA:</p> <ul style="list-style-type: none"> • Australia: ETS Australia - Brisbane • Egypt: AGYAL CP Rehab - Alexandria • Ireland/UK: Rehab Logistics - Dublin • Israel: Yaad Advanced Orthopedics - Tel Aviv • Italy: GOS Italia - Verona • Spain: ATM Cefar - Barcelona |
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- US participants in the TheraTogs Research Partner Program may also obtain Ankle & Gait Systems directly from the company; contact Customer Service at 888-634-0495 or info@theratogs.com.

About TheraTogs

TheraTogs provide a foam-lined, Latex[®]-free, breathable, comfortable, Velcro[®]-sensitive “external skin” for clinicians engaged in sensorimotor training of clients with developmental disabilities and selected orthopedic malalignments, and for clients in rehabilitation following brain injury, stroke, orthopedic surgery, or neurosurgery.

TheraTogs are made of a patented, hand-washable composite fabric consisting of nylon and spandex, with a foam backing made of an aqueous-based elastomeric urethane. TheraTogs™ are Class I medical devices intended to be issued by, and applied under the supervision of, a licensed healthcare practitioner.

TheraTogs are U.S. and foreign Patent Pending.