

FOOT-UP® FOR DROP FOOT

Prevents your foot from dropping when walking with shoes

Drop Foot refers to a weakening of the muscles that allow one to flex the ankle and toes and your ability to walk unaided. There is an increased risk in trips and falls which can cause further more serious injuries.

The 'Foot-Up®' is a lightweight ankle orthosis, designed to provide dynamic support for drop foot or similar complaints. This simple orthosis not only provides visible improvement in the patient's gait, by providing support the moment the foot is raised, but it is simple to fit and practically invisible when worn. Foot-up combines two separate parts; an ergonomic ankle wrap, which connects to a plastic inlay that fits between the tongue and the laces of a shoe. A separate shoeless foot wrap is also available, which enables the orthosis to be worn without footwear. Both attachments fasten to the ankle wrap by a strong elastic strap with a quick release clip. The ankle wrap is made from a breathable three-layered structure, which makes it comfortable to wear for long periods, without causing irritation to the skin or impeding the foot's freedom of movement. The Foot-up is available in three sizes and includes a plastic inlay. Additional plastic inlays and the Shoeless Foot Wrap are supplied separately. Foot-Up® is also available as a bundle to save you money, including both the Foot-Up for Drop Foot and Foot-Up Shoeless.

Drop foot is a condition affecting your ability to lift your foot when walking, increasing the likelihood of trips and falls from catching your foot on the floor which can lead to more serious injuries and compromise your independence.

The condition can be brought on as a result of damage or injury to the brain, spinal cord or nerves in the leg and result from any of the following:

- Myositis
- Charcot-Marie-Tooth Disease
- Spinal Muscular Atrophy
- Stroke
- Nerve damage

There are some cases where people are able to fully recover from drop foot, though is typically dependant on the root cause of the condition. Where the condition occurs following an injury then physiotherapy can offer a real solution to managing the condition, though where neurological conditions are the root cause then the chances of a full recovery are reduced.

