

# Combination Ankle Brace

The Combination Ankle Brace is a simple custom articulated orthosis designed to treat a range of conditions. Both the custom footplate and the position of the shank offer increased control. Many patients find the lightweight, low-profile design of the brace the most comfortable option available, see reverse for a case study.



## Benefits

- Increase calcaneal alignment control
- Unrestricted movement at ankle
- Increase medial/lateral stability
- Single posterior section facilitating easier alignment

There are 3 types of combination ankle brace available to order on RMS under the “Lower Limb - Custom Made > AFOs” section. See reverse for further information.

## Available in 3 Styles

	Standard	Eva Hybrid	Dorsi Assist
Characteristics	<ul style="list-style-type: none"> <li>• Custom heel cup FFO, combined with ankle stirrup support</li> <li>• Hinge in line with anatomical joint axis</li> <li>• Customisable additions such as Kirby skive, extrinsic posting etc.</li> </ul>	<ul style="list-style-type: none"> <li>• As per standard Brace, but with an EVA heel cup instead of a hard shell FFO</li> </ul>	<ul style="list-style-type: none"> <li>• As per the standard and EVA hybrid brace but with Tamarack dorsi assist joints to aid dorsiflexion</li> </ul>
Indications	<ul style="list-style-type: none"> <li>• Severe ankle instability</li> <li>• Mild to moderate PTTD</li> <li>• Where traditional FFOs alone have been unsuccessful</li> <li>• Insensate patients, if full length foot plate is used</li> </ul>	<ul style="list-style-type: none"> <li>• Intolerance to hard shell FFOs</li> <li>• Insensate patients, if full length foot plate is used</li> </ul>	<ul style="list-style-type: none"> <li>• Flaccid mild foot drop with control of M-L involvement</li> <li>• Mild MD</li> <li>• Post CVA</li> <li>• Post spinal cord injury surgery</li> </ul>
Contra-Indications	<ul style="list-style-type: none"> <li>• History of ulceration or current ulceration</li> <li>• Insensate unless full length foot plate is used</li> <li>• Restricted dexterity</li> </ul>		<ul style="list-style-type: none"> <li>• Spasticity</li> <li>• Equinus where no dorsiflexion past plantargrade is available</li> <li>• Knee joint instability</li> <li>• Contractures</li> </ul>

## Case Study

"...it saved my life and my career."

**Diagnosis:** Patient was referred with Stage III PTTD . Reported pain on medial right ankle, reduced arch height & difficulty carrying out ADLs. Used to play football but was unable to due to symptoms, he was growing increasingly concerned that his work as a baggage handler was suffering due to his condition and lack of support.

**Previous Orthosis and Outcomes:** Patient had tried chemist insoles before being referred to the orthotic department, followed by TCIs and heel cups from the Orthotist. Each of these had relieved symptoms for a short time before they returned with no overall improvement.

**Combination Brace Orthosis And Outcome:** A suggestion was made to try a custom Combination Brace which uses the principles of a heel cup with a Kirby Skive or heel posting if desired, combined with the medial-lateral support of a stirrup brace, thus providing arch support dynamically linked to ankle stabilisation. This patient was very pleased with the brace at fitting and found an instant relief in symptoms. This was due to the tension being removed from the affected tibialis posterior tendon by supporting the arch as well as stabilising the ankle.

Upon reviewing the patient he reported that the brace had "saved his life and his career". The review intervals increased from every few weeks with unsuccessful devices to being able to discharge him, satisfied with the combination brace and treatment offered.

