

# SAFO – the silicone ankle foot orthosis

Supports the foot without restricting  
movement – in any situation



Information for technicians

powered by

**ottobock.**



# Greater stability in any situation

**Powered by Ottobock Dorset Orthopaedic now offers custom fabrication service for water-proof<sup>1</sup> silicone ankle foot orthoses (SAFO).**

Part of the Ottobock group since 2015, Dorset Orthopaedic has collaborated closely with Ottobock to make this innovative product available world-wide. Developed by the founder of Dorset Orthopaedic, Bob Watts, the SAFO supports foot dorsi-flexion without restricting free movement.

Conventional ankle foot orthoses have utilised an anterior support element to help prevent the forefoot from being lowered in the swing phase. This however often restricted sensorimotor feedback at ground contact, which could be problematic, especially when navigating uneven surfaces.

In contrast, the SAFO's flexible silicone sole allows patients to feel minor surface changes when stepping on them, thus preventing trips or falls.

Made entirely from silicone, the SAFO utilises a combination of different Shore hardnesses to provide support and flexibility. Worn directly on the skin, the SAFO can be worn either with or without shoes, making it suitable for any situation including swimming or showering.

## Distinctively better: Silicone

The custom-made silicone ankle foot orthosis ensures that your patient is ready to tackle any situation – and the properties of the medical-grade silicone ensure that the product is:

- ... soft yet durable
- ... skin-friendly and breathable
- ... waterproof
- ... odourless
- ... UV-resistant
- ... hygienic and can be easily cleaned daily with warm water and pH-neutral soap

<sup>1</sup> Reference to publication: MOT article 2/2008  
Die Unterschenkelorthese in Silikontechnik (SAFO)  
[Silicone ankle-foot orthosis (SAFO)].





SAFO ONE



SAFO Walk



# The best choice for your patients: Our SAFO product variants

Various SAFO product variants are available:<sup>1</sup>

## **SAFO ONE**

SAFO ONE is available in 19 colours including seven skin tones. The SAFO ONE fastens securely at the foot with a discreet, integrated hook and loop strap.

## **SAFO Walk**

Available in seven skin tones, the SAFO Walk fastens using simple hook and loop straps, making it easy to use, even for patients with impaired fine motor skills. These straps, however, are somewhat more visible and could limit the choice of footwear.

## **Indications**

The SAFO offers an effective solution for mild weakness of the dorsiflexion muscles and for patients with complete loss of dorsiflexion with moderate spasticity.

Causes of the loss of function  
(with or without moderate spasticity):

- Peripheral neuropathies
- Traumatic nerve damage
- Cerebral palsy
- Multiple sclerosis
- CMT
- Stroke

## **Medical information**

- The SAFO has a proprioceptive effect at the sole of the foot thanks to the flexible silicone sole and open heel combination.
- The combination of different Shore hardnesses promotes good balance and enables greater stride length and speed.
- The SAFO supports dorsiflexion and prevents the uncontrolled lowering of the foot, resulting in a more natural gait.
- Supports the fine motor function of "normal" foot/ankle movements and improves sensorimotor feedback.
- The flexible properties of silicone considerably reduce the risk of pressure points or skin abrasions.
- The medical grade quality of the silicone allows it to be worn against the skin safely for long periods and to be used in wet areas (when swimming for example).

<sup>1</sup> Both SAFO models are also available for children.

<sup>2</sup> Please note that custom designs increase the fabrication time and the price will be calculated accordingly.

# Simple and easy: Use, cleaning and care

The SAFO is easy to put on and take off. A simple trick makes it even easier to put on: Apply a bit of powder or Ottobock Pro Comfort Gel to the inside of the orthosis. This reduces the adhesion of the silicone, making it easy to slip the orthosis on.

When fastening the hook and loop straps, your patient should ensure that the SAFO is in the correct position and that there are no wrinkles between the silicone and the skin.

The skin-friendly properties of silicone allow the SAFO to be worn safely for long periods of time. Please instruct your patients to wash the inside of the SAFO daily after use, with warm water and pH-neutral soap.

## Patient benefits

- The SAFO offers an optimal fit and highest functionality.
- Placement directly on the skin ensures that the orthosis is fully functional with shoes or even barefoot<sup>1</sup>.
- The orthosis can be worn at all times.
- The system allows your patient to walk comfortably and safely.
- The orthosis can be worn when showering, bathing or swimming.
- Your patients can choose footwear freely, thanks to its slim design.
- The hook and loop closure system is user friendly, making the SAFO easy to put on and take off.
- A variety of colours are available including skin tones and custom designs (e.g. logos and pictures).
- The orthosis is easy to clean and keep clean thanks to the waterproof properties of the silicone.

<sup>1</sup> Note: When using barefoot, please avoid sharp objects on the ground as this could damage the silicone.







# Designed for safety: The SAFO i-fit



The i-fit is a diagnostic orthosis developed to quickly determine a patient's suitability.

The i-fit is also made of silicone and accurately demonstrates the effect and the feeling of wearing a SAFO. It consists of two silicone foot bridges that can be applied to the front of the foot. They are fastened at the ankle with hook and loop closures. The i-fit also contains six silicone straps (two of each colour). To achieve an optimal result during the trial, please select the correct size of the silicone straps as well as the foot bridge of your patient.

For more information on the availability of the i-fit, please contact your Ottobock sales representative.







# For a custom result: the plaster cast



Every SAFO is unique, fabricated carefully by hand to your exact requirements. To ensure an optimal fit, please fill out the order form completely and make a plaster negative. When making the plaster negative, please ensure that the foot is flat on the ground in 5° dorsal extension. ❶

In this position, please take the necessary measurements ❷ and cast the plaster negative. Please pull the stockinette over the foot and lower leg. Then mark all prominent bone structures with a plaster copying pen and position the cutting aid. ❸

Please remember the 5° dorsal extension when casting. Our tip: If the range of movement allows the foot to be moved slightly to the rear, you can use this to ensure the 5° dorsal extension while casting.

When the plaster negative is dry, open the plaster along the cutting aid and remove it carefully from the leg. ❹

Finally, please remove the stockinette and check whether all markings were transferred to the plaster negative.

Then send the plaster negative and the order forms to Ottobock Australia. ❺

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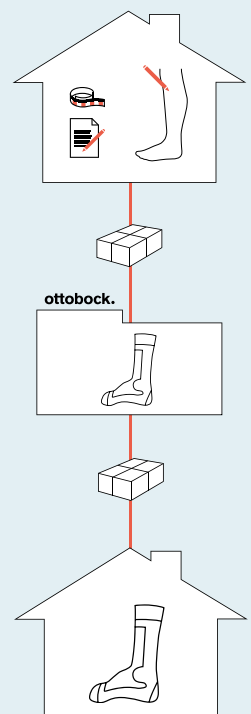
## How it works: the ordering process in detail

Make a plaster negative of the affected leg on a flat surface and mark the desired design options on it. Fill out the order form and the measurement sheet.

Please send the plaster negative and order form to Ottobock Australia.

Your SAFO will be custom-made by hand and shipped within 20 working days.

You receive a custom orthosis, handcrafted from durable medical-grade silicone, ready for fitting.





**With compliments from**



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