

ottobock.

A step forward

MyGait. The functional electrical stimulation system for drop foot.

Quality for life





"We were skiing in 2008 when the accident happened. Friends had already skied down to the valley; my sister-in-law and I were still on the slopes. Suddenly I fell. My sister-in-law tried to help me get up, but I couldn't. Then everything went black. The doctors later diagnosed a cerebral haemorrhage. I was taken to hospital and was in a kind of waking coma for almost three months. When I woke up, I noticed that I was paralysed on my right side. At first, I could get around only with a wheelchair. I learned how to walk again in rehab, but I couldn't lift the tip of my foot. The first time I wore MyGait, I was really surprised by the feeling. My foot suddenly moved again."

Gerhard, 57, from Austria

Dorsiflexor weakness: The muscle does not receive a signal

The term dorsiflexor weakness is not commonly known. But the symptoms it describes are familiar to many. It occurs primarily after a stroke, when one side of the body is paralysed. When walking, the arm hangs down and the foot can be moved forward only with a great effort. This is also called drop foot.

For persons with dorsiflexor weakness, every step requires high concentration because the tip of the foot can easily get caught on the floor. Just a stone or a small uneven spot can be a big obstacle. Many swing the leg forward using the hip. This requires more effort and leads to bad posture, which may result in back pain. Persons with dorsiflexor weakness quickly become fatigued when walking. They often avoid long distances and gradually withdraw from social life – then dorsiflexor weakness can considerably impair their quality of life.

Functional electrical stimulation (FES) with MyGait lifts the foot at just the right time in the gait cycle. The gait becomes faster and more efficient. When you use MyGait, you can once again concentrate on other things and enjoy the moment – just observing life around you.

"My wife likes to go walking with me, sometimes over a long distance."

What's behind it

The technology behind MyGait

The MyGait electrical stimulator device is attached on the surface of the lower leg. It can be easily applied with just one hand. You fasten the cuff on the lower leg and wear a heel switch under your foot in a special sock. The heel switch senses when the foot leaves the ground. It sends this information to the stimulator in the cuff wirelessly, which in turn stimulates the nerve via surface electrodes. This nerve stimulates the muscles to lift the foot. At just the right time.

Many technical steps for one step? – They happen so fast that you don't notice them. The signal to lift the foot comes from MyGait instead of the central nervous system.

The following central nervous system injuries can lead to dorsiflexor weakness.

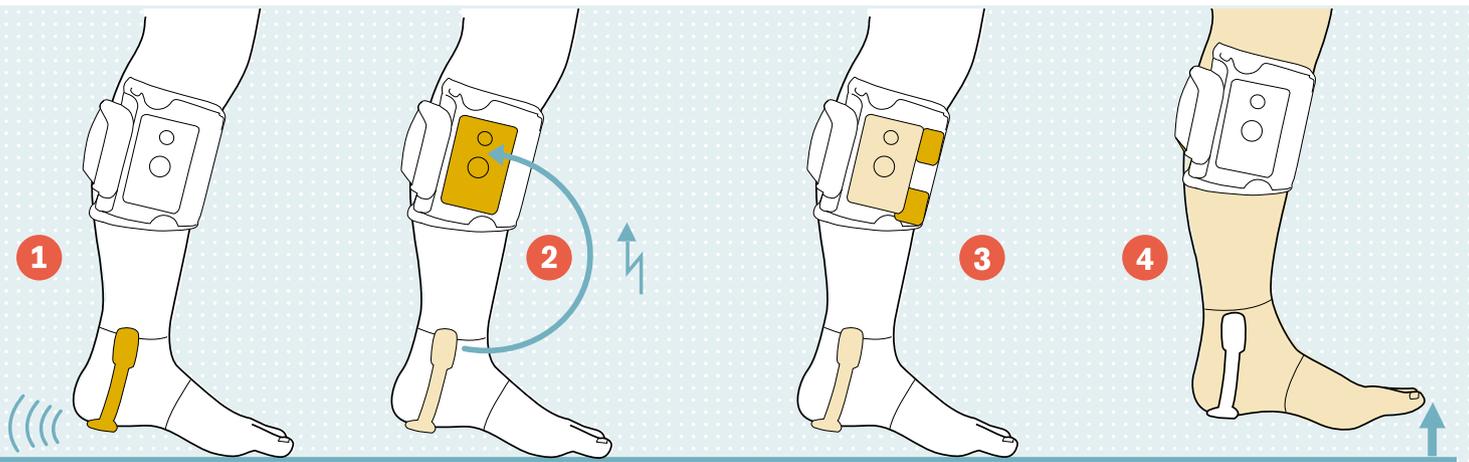
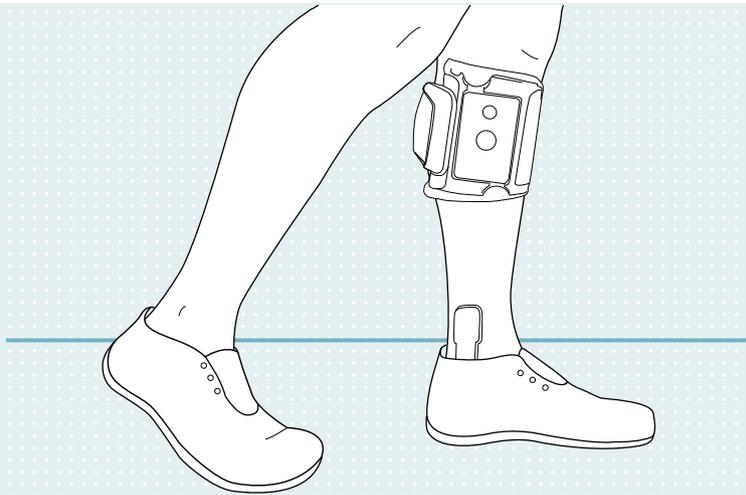
- 1 Stroke
- 2 Multiple sclerosis (MS)
- 3 Incomplete paraplegia
- 4 Traumatic brain injury

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Ask your clinician whether you might qualify for MyGait.
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A special feature of MyGait is that in addition to the dorsiflexor muscles, another muscle group can be stimulated. This makes it possible, for example, to give additional support for walking at the knee or hip.

This is how the foot is lifted.

- 1 The sensor in the heel switch is activated when the foot is lifted.
- 2 The heel switch sends a radio signal to the stimulator.
- 3 The stimulator sends electrical signals to the nerve via electrodes.
- 4 The foot is lifted.



Klick

Walk faster and longer

Experience new things!

MyGait can improve your gait. It often helps patients walk faster and for longer distances. Since you concentrate less on your steps and do not have to watch the ground so often, your mind is free for other thoughts, conversations, new impressions and for simple everyday things. In addition, the muscles of the lower legs are exercised with MyGait. And strong muscles make walking even easier.

MyGait can be fitted by your clinician. If desired, the device can be adjusted so that the heel switch is attached to the unaffected leg. You can fine-tune the stimulation settings yourself using the remote control. We recommend charging the device every night. If you sit for an extended period, for example in a theatre, you can switch the device to sleep mode to save energy. A tip for cleaning – you can wash fabric components of MyGait by hand.

Patients report the following benefits of MyGait:

- Lifts the foot at the right time
- Improves walking speed, pattern and confidence.
- Makes it possible to walk greater distances
- Requires less concentration on gait
- Easy to apply with one hand
- No orthopaedic or special shoes required
- Easy, individual adjustment using the remote control
- Second muscle group can be stimulated

- 1 Remote control
- 2 Cuff & stimulator
- 3 Adjustment tool
- 4 Heel switch

Visit us at our website
www.dropfoot.co.uk and
if you have any questions, call us at
Tel. +44 (0) 1784 744 900





"Being out and about –
that's the best rehab for me."

In the garden, with the five grandchildren, or strolling in Vienna. Gerhard Koller likes to be out and about. Especially with his wife. They often hold hands – now not because Gerhard Koller needs support while walking – but because they like it.

Declaration of Conformity

The product complies with the following directives:
93/42/EEC
99/5/EC for radio and
telecommunications terminal equipment

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