

ottobock.

# Cosa Active Cosa Junior

Inconspicuously effective.

Quality for life



## Support for neuromuscular diseases

Whether congenital or acquired through trauma, there is often a misalignment of the hips, independent of the specific type of disability. Disorders of a spastic nature in particular often lead to increased adduction of the thighs. The result is a collision of the knee joints and the so-called scissor gait associated with this.

The gait and stance problems are due to the narrow base of support resulting from a situation where the feet are positioned close together, or even one over the other. Correction of the hips with the Cosa Active/Cosa Junior hip abduction orthosis broadens the base of support and significantly increases stability when standing and walking.



● **Without** Coda Active



● **With** Coda Active

The function of the hip abduction orthosis is as simple as it is effective: the pads in the trousers function as spacers to allow the user to guide the legs past each other despite significant tensile force.

### **Sebastian is a satisfied Coda Active user**

Sebastian (17) from Göttingen, Germany, has been a satisfied Coda Active user since 2013 and can't imagine his life without the device. Due to a congenital spasticity, his legs exhibit such common symptoms as a scissor gait while walking and strong adduction while sitting. Since being first fit with the Coda Active abduction orthosis, which he only wears during the day, Sebastian's body image has been positively affected – and not just visually.

“The pads are inserted into pockets on both sides of the Coda Active and naturally create space, which has a positive effect on the strong pull of my legs,” says the student. Besides creating a better gait pattern and a wider sitting position, it also provides better body control. “Since I'm still growing, the Coda Active has been re-fitted several times,” says the 17-year old.

# Cosa Active · Cosa Junior

## briefly explained

Inconspicuously effective – by using special abduction pads in the area of the upper adductors, the orthosis helps you achieve an overall improvement in your gait pattern. Your mobility increases thanks to greater knee freedom. Furthermore, the reduction of the hip adduction leads to an overall improvement in trunk control and stabilises the base for standing and sitting. This wider sitting and standing base leads to greater freedom of hand movement, making it easier to eat, play, write, or use electronic devices.

The trousers can be worn separately or under longer trousers. To achieve an optimal fit and the best orthotic effect possible, your orthotist will make custom adjustments to the orthosis, for example grinding the abduction pads or sewing the individually positionable straps in place.

The Cosa Active/Junior starter set contains 2 pairs of trousers for changing and washing and 1 set of pads.



Adduction: pulling a body part in  
Abduction: splaying a body part out



Abduction pads  
in area of upper  
adductors

Individually  
positionable  
straps can be  
sewn in place

Soft, breathable  
material



• Sewn pockets make it simple to remove the pads



• Zipper makes it easy to put on and take off  
(Cosa Active)



The name “Cosa” is derived from “Coxa soft abduction”





The Cosa hip abduction orthosis line from Ottobock includes the Cosa Junior, for children up to children's size 116, and the Cosa Active, for children size 128 and above and adults. The mechanism of action, functional principle and external appearance of both orthoses are identical.

Unlike the Cosa Junior, the Cosa Active has a zipper and is available in sizes from children's size 128 to unisex size L (women's 46 and men's 54). Your orthotist will be happy to advise you!

### Size chart

	Cosa Junior 28L100=*				Cosa Active 28L101=*							
Size	80	92	104	116	128	140	152	S		M	L	
Standard sizing	80	92	104	116	128	140	152	164 Women 34 Men 42		Women 36, 38 Men 44, 46	Women 40, 42 Men 48, 50	Women 44, 46 Men 52, 54
Body height (cm)	74 – 86	86 – 98	98 – 110	110 – 122	122 – 134	134 – 146	146 – 158	158 – 170				

# Frequently asked questions and answers

## **Can the Cosa Active/Junior also be worn under normal clothing?**

Yes, that is no problem under normal trousers, for example.

## **How is Cosa Active/Junior cleaned?**

The individual abduction pads are removable, so the trousers can be washed in a washing machine at up to 40 °C. The starter set contains two pairs of trousers for changing and washing.

## **Can leg orthoses continue to be worn?**

Wearing ankle foot orthoses can complement the function of the Cosa Active/Junior for improving the gait pattern. Therefore, it is possible to continue to wear ankle foot orthoses, but they should be checked by an orthotist to ensure a good overall fitting.



The Cosa Active/Junior is available from your orthotist. He or she will adapt the orthosis to your individual needs.

**Please contact us if you have any further questions or would like more information.**



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