

Orthotist: ..... Date: .....  
 Patient: .....

## 1. Check: on the Workbench

### 1.1 Parallel Alignment of the System Joints

- system ankle joints are parallel
- knee and ankle axes are parallel to each other and to the rolling off line
- system knee joints reach the extension stop at the same time
- system knee joints are parallel
- system ankle joints reach the dorsiflexion stop at the same time

Notes: .....  
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1.2

### 1.2 Torsion Resistance of the Orthosis

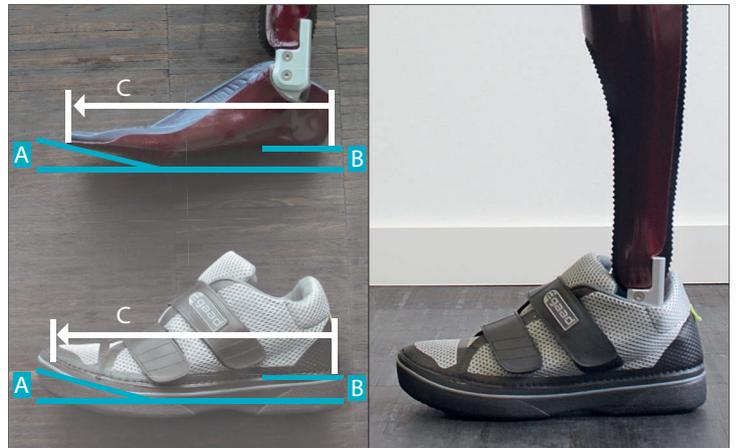
- orthosis can hardly be rotated around its longitudinal axis
- orthosis can clearly be rotated around its longitudinal axis

Measures: .....  
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### 1.3 Orthosis Fitting inside the Shoe

- length of the foot piece fits well
- width of the foot piece fits well

Notes: .....  
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1.3

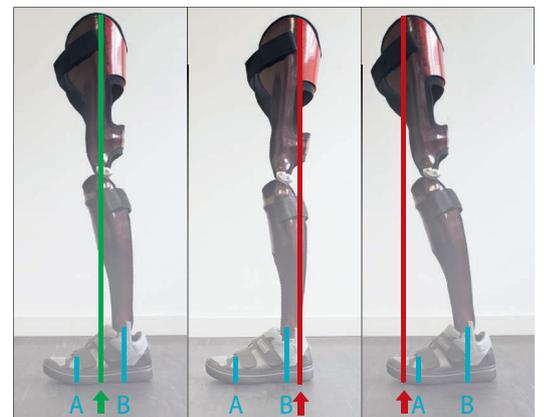
- toe spring of orthosis and shoe is the same
- pitch of orthosis and shoe is the same

Notes: .....  
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### 1.4 Checking the Plumb Line

- line passes between the ankle's pivot point and the rolling off line
- line passes behind the ankle's pivot point
- line passes ahead the rolling off line

Notes: .....  
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1.4

# Checklist for Handing Over the Orthosis

## 2. Checking the Fit on the Patient

### 2.1 Putting On the Orthosis

- patient can easily put on and take off the orthosis
- patient cannot put on and take off the orthosis on his/her own

- patient can hardly put on and take off the orthosis

Measures:.....  
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### 2.2 Fitting of the Orthosis

- foot piece fits well
- femoral shell fits well
- muscle activity is not impaired

- tibial shell fits well
- pressure distribution on the supportive areas is regular
- fasteners do not have to bear weight

Notes:.....  
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### 2.3 Length of the Orthosis Shells

- maximum lever lengths are reached
- maximum lever lengths are not reached

Reasons:.....  
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### 2.4 Fitting in the Shoe

- shoe volume is sufficient
- shoe volume is insufficient

Measures:.....  
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### 2.5 Pivot Points of the Joints

- patient is pressed into the orthosis
- patient is pushed out of the orthosis
- orthosis shells are canted

Detailed description and possible measures:.....  
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2.3

# Checklist for Handing Over the Orthosis

## 3. Checking the Alignment on the Patient: Static

### 3.1 Standing with Orthosis

- without aids and appliances
- with aids and appliances
- with bending forward of the upper part of the body
- patient cannot stand

Measures: .....

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3.1

### 3.2 Load Distribution

- load distribution is balanced
- load distribution is not balanced

Notes: .....

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3.2

### 3.3 Load Shifting

- load shifting is possible
- load shifting is not possible

Notes: .....

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3.3

### 3.4 Stops of the Joints

If the patient stands in his/her individual normal posture, ...

- all joints reach the stops
- not all joints reach the stops

Notes: .....

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The patient cannot stand in his/her individual normal posture, he/she...

- evades into a recurvatum
  - evades into a genu varum
  - evades into a genu valgum
  - Other: .....
- .....
- .....



3.4

# Checklist for Handing Over the Orthosis

## 4. Checking the Alignment on the Patient: Dynamic

### 4.1 Walking with Orthosis (sagittal)

- without aids and appliances
- with aids and appliances
- with bending forward of the upper part of the body
- patient cannot walk

Measures: .....

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4.1

### 4.2 Gait Phases

Initial contact:

- patient sets the heel on the floor first
- patient sets the forefoot on the floor first
- patient sets the entire sole on the floor

Notes: .....

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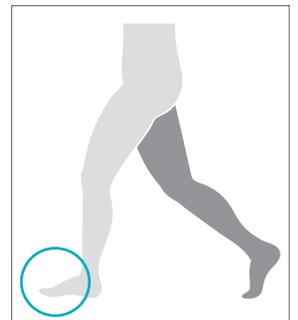
Loading response:

- there is (passive) plantar flexion
- there is no plantar flexion

Notes: .....

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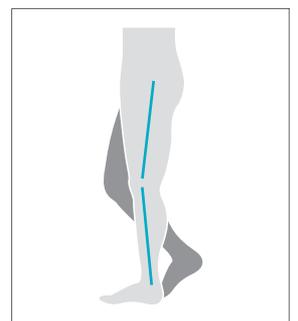
Mid stance:

- knee angle corresponds to the individual normal posture (physiologically at ca. 5°)
- knee angle is larger than in the individual normal posture
- knee angle is smaller (or recurvated) than in the individual normal posture

Notes: .....

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# Checklist for Handing Over the Orthosis

Terminal stance:

- heel clearly lifts from the ground
- heel does not lift from the ground

Notes: .....

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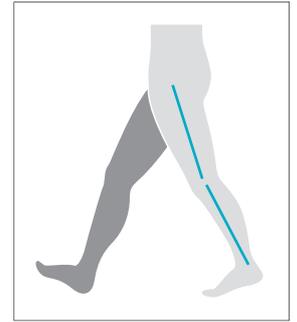
Terminal stance:

- knee is extended
- knee is flexed

Notes: .....

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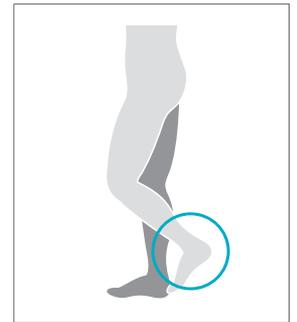
Pre swing:

- patient legs can swing freely
- patient drags his/her toes over the floor when initiating swing phase

Notes: .....

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## 4.3 Step Length

- step length of both legs is the same
- step length of the left leg is larger
- step length of the right leg is larger

Notes: .....

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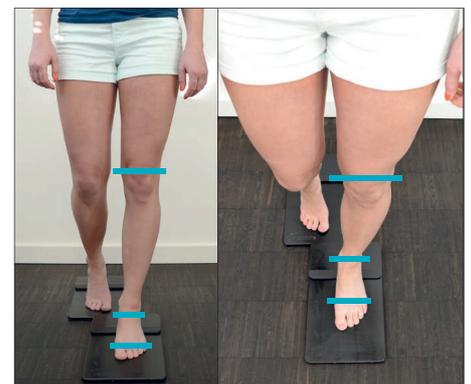
## 4.4 Parallel Alignment of the Axes

- all axes are parallel to the ground
- all axes are in a 90° angle towards the direction of motion

Notes: .....

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# Checklist for Handing Over the Orthosis

## 4.5 Stance Time

- stance time on both legs is the same
- stance time on the right leg is longer

- stance time on the left leg is longer

Notes: .....

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## 4.6 Compensatory Mechanisms during Gait

- Trendelenburg-Duchenne sign
- circumduction
- vaulting

Notes: .....

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## 4.7 Deviation of Axes during Gait

- deviation along the calcaneus
- deviation on the knee

Notes: .....

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4.6



4.7

