**FootHold® with Splint**

**New Positioning Device**
for the lower extremity that promotes proper alignment of the ankle, knee and hip to prevent and treat foot drop, ankle contractures, and heel ulcers due to immobility, trauma or other illnesses. Ideal for use in the hospital, long term care and home care for the ambulatory and recumbent patient.

- **Easy to adjust Velcro® Straps**
  Hook and loop closures provide quick application and adjustment.

- **Splint**
The 'L-Shaped' splint promotes neutral ankle alignment and helps to prevent foot drop and ankle contracture.

- **Heel Area**
Floats and lifts the calf and Achilles, while unloading the heel when recumbent.

- **Viewing Window**
The convenient window allows the practitioner to visibly assess the heel.

### Sizing Chart

<table>
<thead>
<tr>
<th></th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
<th>Extra Large</th>
<th>Extended Plus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men's Shoe Size</strong></td>
<td>5-6</td>
<td>7-8</td>
<td>9-10</td>
<td>11-12</td>
<td>13-14</td>
</tr>
<tr>
<td><strong>Women's Shoe Size</strong></td>
<td>6-7</td>
<td>8-9</td>
<td>10-11</td>
<td>12-13</td>
<td>14-15</td>
</tr>
<tr>
<td><strong>Maximum Foot Length</strong></td>
<td>9 inches</td>
<td>10 inches</td>
<td>11 inches</td>
<td>12 inches</td>
<td>13 inches</td>
</tr>
</tbody>
</table>

### Accessories and Replacements:
- Splints; Polymer Insole; Insole Liners Secure Stick® Sole; Gait Rocker Sole; Abduction Connector; Hydro-Cushion® All products LATEX FREE

### FootHold® Products

<table>
<thead>
<tr>
<th>Product</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
<th>Extra Large</th>
<th>Extended Plus</th>
</tr>
</thead>
<tbody>
<tr>
<td>FootHold® with Splint, Secure Stick® Sole</td>
<td>FH10-SMEX-A</td>
<td>FH10-MDEX-A</td>
<td>FH10-LGEX-A</td>
<td>FH10-XLEX-A</td>
<td>FH10-XPEX-A</td>
</tr>
</tbody>
</table>

A full list of FootHold® Products can be found in EHOB's product catalog or online: www.ehob.com
Products can be hand washed or spot cleaned and air dried. Single patient use.
Warranty: 30 Day
Medicare Code L4396

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**Ankle Foot Orthosis, AFO**
**Hydro-Cushion & Ankle Wings**
The patented Hydro-Cushion contains a flowing gel enclosed in a soft pouch. The Hydro-Cushion floats and lifts the heel and gently cradles the ankle without increasing pressure and shear to the Achilles Tendon. The Ankle Wings protect the malleoli.

**Splint & Anti-Rotation Bar**
The ‘L-shaped’ splint promotes neutral alignment and helps to prevent foot drop and ankle contracture. The attached anti-rotation bar folds out and locks into place allowing for proper alignment of the lower extremity of the lower extremity and counters rotational forces at the hip. (No tools required).

**Secure Stick® Sole**
Optional Secure Stick® Sole or Gait Rocker sole for transfers and ambulation. (No tools required).

**Adjusting the Hydro-Cushion**
The velcro backing on the Hydro-Cushion secures it in the optimal position to accommodate the anatomy of each patient.

**Indications for Use**
**FootHold® Splint (Ankle Foot Orthosis)**
Promotes proper alignment of the ankle, knee and hip to prevent and treat foot drop, ankle contractures and heel ulcers. Ideal for the ambulatory or recumbent patient.

**Pressure ulcers develop in less than 2 hours.**
The earlier an individual is recognized to be at risk for skin breakdown, the better the chance there is for preventing a pressure ulcer.

**FootHold Splint (AFO)**
“As far as I’m concerned, there are a lot of products on the market that supposedly provide pressure relief but what I think that they have been missing for my needs as a clinician is to protect the skin elsewhere. This is what is most impressive to me.” Jaimee Haan, PT, CWS

**EHOB’s Clinical Documentation:**
EHOB is committed to clinical education and evidence-based studies that support the science of WAFFLE® Brand Products. Here are a few of our most recent independent studies.

**Product Performance.** In the area of safety and effectiveness of heel pressure relieving ankle foot orthoses, the FootHold with Splint rates highest in 4 out of 5 categories. Five different products were trialed. (Lucich, S., Haan, J. Ankle Foot Orthoses in Prevention and Treatment of Heel Pressure Ulcers: A Physical Therapy Perspective, Clarian Health, Methodist Hospital-Physical Therapy Wound Management, Indianapolis, Indiana, 2007).