

Xtern Foot Drop Orthotic Sizing Chart								
Shoe Size					Kit Size Selection			
					Select best size for patient foot length.			
US			UK	EU	PRODUCT: 100100-SA-L	PRODUCT: 100100-SA-M	PRODUCT: 100100-SA-S	PRODUCT: 100100-SA-P
Men	Women	Kids			Large	Medium	Small	Paediatric
16			15.5	51	X			
15.5			15	50.5	X			
15			14.5	50	X			
14.5			14	49.5	X			
14			13.5	49	X			
13.5			13	48	X			
13			12.5	47.5	X			
12.5			12	47	X			
12			11.5	46.5	X			
11.5			11	46	X			
11			10.5	45	X			
10.5	11.5		10	44.5	X	X		
10	11		9.5	44		X		
9.5	10.5		9	43		X		
9	10		8.5	42.5		X		
8.5	9.5		8	42		X		
8	9	8 Y	7.5	41.5		X	X	
7.5	8.5	7.5 Y	7	40.5		X	X	
7	8	7 Y	6.5	40			X	
6.5	7.5	6.5 Y	6	39			X	
6	7	6 Y	5.5	38.5			X	
5.5	6.5	5.5 Y	5	38			X	
5	6	5 Y	4.5	37.5			X	
4.5	5.5	4.5 Y	4	37			X	
4	5	4 Y	3.5	36			X	
3.5	4.5	3.5 Y	3	35.5			X	
3	4	3 Y	2.5	35			X	X
2.5	3.5	2.5 Y	2	34.5			X	X
		2 Y	1.5	33.5				X
		1.5 Y	1	33				X
		1 Y	13	32.5				X
		13 c	12.5 c	31				X
		12.5 c	12 c	30.5				X
		12 c	11.5 c	30				X
		11 c	10.5 c	29				X
		10.5 c	10 c	28				X
		10 c	9.5 c	27.5				X
		9.5 c	9 c	27				X

C = Children's Shoe Size Y = Youth Shoe Size (6-10 Years)

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@blatchfordgrp | turbomedfootdrop.co.uk

Tel: +44 (0) 114 2637900 | Fax: +44 (0) 114 2637901 | orthoticscs@blatchford.co.uk  
Blatchford Limited, 11 Atlas Way, Atlas North, Sheffield, S4 7QQ.

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### Dorsiflexion Assist

The **XTERN** is the only dynamic AFO totally affixed outside the shoe to maximise comfort, prevent skin breakdown and rubbing injuries to the foot. Its flexibility helps keep maximal ankle range of motion and calf muscle strength. The **XTERN** AFO acts as a preloaded exo-skeleton spring. During the stance phase of walking energy is stored and then released during the swing phase of walking to lift the toes away from the ground to prevent a tripping hazard. This promotes a normalised walking pattern in terms of stride length and minimising other gait deviations.



### Clinical Indications

- Drop Foot and Dorsiflexion Weakness
- Peroneal Nerve Injury
- Charcot Marie Tooth (CMT)
- Stroke (CVA)
- Multiple Sclerosis (MS)
- Cerebral Palsy (CP)
- Guillain-Barre Syndrome (GBS)
- Motor Neuropathy
- Motor Neurone Disease (MND)

### Clinical Limitations

- Gross fixed deformities of foot and ankle
- Severe spasticity
- Quadriceps weakness
- Severe proximal weakness
- Crouch gait

### Easily Transferable Between Footwear



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