

Biomechanical Principles of Common Orthotic Treatment Concepts for Gait Problems in Cerebral Palsy – A Critical Consideration

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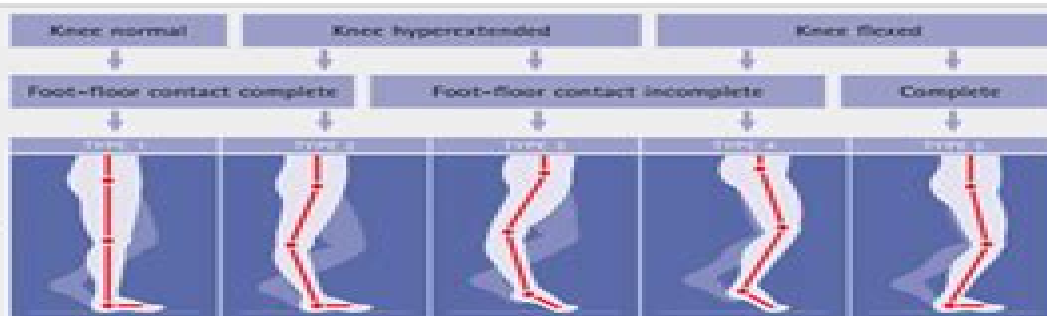
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Aims

The major goal of an orthotic treatment in cerebral palsy (CP) is to come closer to a physiological gait. An ankle foot orthosis (AFO) prepares the foot for initial contact, enables stability and supports the ankle's push-off. It should have a positive effect on therapy, reduce energy consumption and must not lock residual physiological motion.

The Amsterdam Gait Classification evaluates knee position and foot-floor contact in mid stance in order to determine the requirements for an orthotic treatment.

Respecting the gait types of the Amsterdam Gait Classification, a detailed consideration of existing AFO types should indicate whether all requirements for an effective orthotic treatment can be met.



Methods

The effects of common AFOs are evaluated. The basic goals of an orthotic treatment result from the Amsterdam Gait Classification: plantar flexion and foot-floor contact, physiological knee extension and push-off as well as ability to adapt to the gait type. Certain biomechanical features of an orthosis help to achieve these goals.

Considering criteria of adjustable range of motion, defined pivot point, spring force, shell design and adjustable alignment, solid AFO (SAFO), dynamic AFO (DAFO), floor reaction AFO (FRAFO), posterior leaf spring AFO (PLS AFO) and hinged AFO (HAFO) are compared.



Results

	Adjustable Alignment	Adjustable Range of Motion	Physiological Motion	Defined Spring Force	High Spring Force	Defined Pivot Point
SAFO	✗ not after manufacturing	✗ not possible	✗ if activities tend to not flex ✓ if activities tend to not flex in SPD	✗ not after manufacturing	✗ not possible	✓
DAFO	✗ not after manufacturing	✗ not possible	✗ high force carbon fiber AFO ✓ polypropylene AFO	✗ not after manufacturing	✗ high force carbon fiber AFO	✗ not possible
FRAFO	✗ not after manufacturing	✗ not possible	✗ not applicable	✗ not possible	✗ not applicable	✗ not applicable
PLS AFO	✗ not adjustable joints (movable) ✓ adjustable joints	✗ not adjustable joints (movable) ✓ adjustable joints	✗ built-in 90° stop in gaitly-align force ✓ joints with adjustable springforce	✗ not adjustable joints (movable) ✓ adjustable joints	✗ intermediate or post spring points ✓ e.g. the spring points	✓
HAFO	✗ not after manufacturing	✗ not possible	✗ not possible	✗ not after manufacturing	✗ e.g. polypropylene (solid) hinged type ✓ carbon fiber, high water and stiff axles	✗ stiff axles type ✓ hinged type HAFO
HAFO	✗ not after manufacturing	✗ not possible	✗ not possible	✗ not after manufacturing	✓	✗ not possible

Discussion

Due to an appropriate orthosis, coming closer to a physiological gait and improving energy consumption of children with CP is possible. Common AFOs do not fulfill all necessary requirements because basic adjustment possibilities are missing (see results). Gait types 3 to 5 of the Amsterdam Gait Classification require high to extra high spring forces in the ankle joint in addition to a ventral shell for achieving physiological knee extension in mid stance. Due to changes in gait the spring forces must be variable.

A passive plantar flexion in loading response depends on adjustable range of motion and a defined pivot point. Resulting eccentric muscle work supports therapy. The correct alignment of the orthosis using biomechanical principles is essential especially when tuning the AFO.

The resulting demand is: Both dynamic and static AFOs should be produced with an adjustable ankle joint.


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Principles Of Orthotic Treatment

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Warren Turner, Linda M. Merriman, 2005-08-17

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Management of Spinal Cord Injuries Lisa Harvey, 2008-01-10 Combining 25 years of clinical research and teaching experience Dr Lisa Harvey provides an innovative 5 step approach to the physiotherapy management of people with spinal cord injury Based on the International Classification of Functioning this approach emphasises the importance of setting goals which are purposeful and meaningful to the patient These goals are related to performance of motor tasks analysed in terms of 6 key impairments The assessment and treatment performance of each of these impairments for people with spinal cord injury is described in the following chapters training motor tasks strength training contracture management pain management respiratory management cardiovascular fitness training Dr Harvey develops readers problem solving skills equipping them to manage all types of spinal cord injuries Central to these skills is an understanding of how people with different patterns of paralysis perform motor tasks and the importance of different muscles for motor tasks such as transfers and bed mobility of people wheelchair mobility hand function for people with tetraplegia standing and walking with lower limb paralysis This book is for students and junior physiotherapists with little or no experience in the area of spinal cord injury but with a general understanding of the principles of physiotherapy It is also a useful tool for experienced clinicians including those keen to explore the evidence base that supports different physiotherapy interventions

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