Two-in-One: Introducing the Relief Insert® Walker

Immobilising the foot and ankle while simultaneously promoting the patient’s mobility

The new modular walker from DARCO: This new and unique design combines the valuable features of a classic walker with the advantages of a light weight, practical splint built right in. It’s the first of its kind on the market today.

The Relief Insert® Walker components:

- Relief Insert® a rigid, stirrup splint with easy to adjust fixation points
- Relief Contour Insole a soft cushioning insole conforming to the foot
- Relief Dual® the effective and revolutionary off-loading shoe

Indications:

- TMT 1 Arthrodesis (Lapidus Arthrodesis)
- post foot fracture surgery
- post rear-foot surgery
- post metatarsal fracture surgery
- post ankle ligament rupture
- after Hallux Rigidus-Valgus surgery
- after Hammer-Claw toe surgery
- fractures of the phalanges
- ligament rupture of the ankle joint

Contra Indication:

- Ankle Arthrodesis

By combining a rigid, light weight splint with our proven healing off-loader; we’ve created a versatile, cost effective alternative to existing walkers.
Option 1: Splinting System + Insole

Postoperative stirrup fixation splint

Features/Advantages

- stabilisation through a full-footed, Double-sided rigid shell
- pre and post-operative immobilization splint
- support against ‘Drop Foot’
- easily adjusted for changes in swelling
- comfortable, clean, light-weight solution for resting and at night
- Talus and the calcaneus maintained in neutral position

Two-in-One solution:
A rigid splint coupled with an off-loading, healing shoe becomes an effective alternative to existing walkers.

- cost effective, modular system
- extremely comfortable, stream-line design
- easy wound control through stress-free removal and replacement
- semi rocker sole promotes proper gait
- soft contour bedding reduces shear forces
- improved hygiene with removable shoe
- light weight – breathable fabric
- x-ray friendly material
- high patient satisfaction and compliance
- no height compensation shoe necessary

Plus the Insole system

The Relief Contour Insole aligns the foot inside the orthosis and secures the heel

Features/Advantages

- increased plantar surface contact supporting the structures of the foot and ankle
- customisable polyurethane material with a slight Dorsal flexion
- reduces shear forces and improves weight-bearing efficiencies

1. Double-sided rigid shell with foot plate
2. Enveloping extra soft internal padding from foot to upper calf
3. Hook & loop adjustable fixation straps
4. Ankle joint fixation with an additional internal Talus positioning strap
5. Relief Contour Insole – conforming cushioned insole
Option 2: Relief Insert® Walker

Foot and ankle orthosis

Advantages

- immobilising Foot and Ankle Walker orthosis
- used for mobility in conservative therapies and post-surgical
- secure subtalar fixation and calcaneus alignment under the tibia
- prevention against unintentional pronation/supination of the ankle joint
- lateral and medial border support
- Supports the biomechanical structures of the foot and ankle in an off-loading therapeutic shoe
- Comfortable and easy to adjust – modern design with increased patient compliancy
- Time saving – cost effective

Features

- physiological, safe gait pattern in the walker
- sustainable therapy concept in conjunction with the Relief Dual® Off-loading Shoe
- easy to put on and take off
- can be worn on the right or left foot

Plus the Shoe

The Relief Dual® The goal: off-loading as much as needed – weight bearing as much as possible

Features/Advantages

- innovative dual sole technology with stability and shock absorption
- offers higher redistribution of pressure and promotes a neutral biomechanical gait cycle
- effective immobilisation of the MTP & DIP (I-V)
- comfortable and patient compliant with no height compensation required

Relief Insert® Walker including Relief Dual® and Relief Contour Insole:

The Relief Dual® Off-loading Shoe which does not have a plateau in the forefoot region provides stability and reduces pressure on the foot following foot surgery.

- Design features such as a cushioned heel, midfoot rocker, stiffened sole and soft Relief Contour Insole provide excellent pressure redistribution.
- Less possibility of errors during intuitive walking results in a reduction of bending and shear forces.
- The functionality is scientifically and clinically proven.

The Relief Dual® including Relief Contour Insole creates the perfect basis for the Relief Insert® Walker.
### Sizes and Measurements

All measurements are given in cm and correspond to the size of the insole.

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### Article list Relief Insert® Walker

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### Accessories

**PegAssist® Insole**
Off-loading insole for targeted pressure relief in acute care

**Puzzle Insole®**
Modular insole for plantar pressure redistribution Specifically for use after forefoot and midfoot surgeries