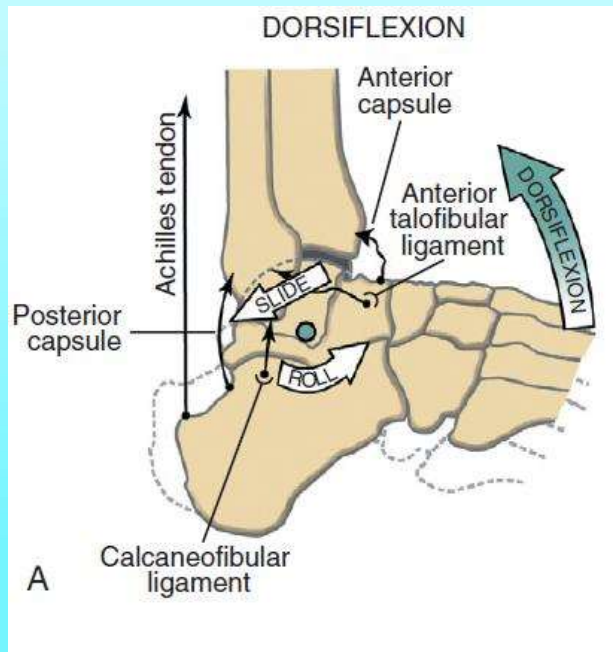


Exoglide

The Future of ankle
rehab and injury
prevention is
DYNAMIC



How Exoglide Works



Sustained Posterior glides to the TCJ and Anterior glide to distal tibia and fibula provide the "Holy Grail" of ankle rehab/*injury prevention*.

Why Dynamic?

Ankles are meant to move

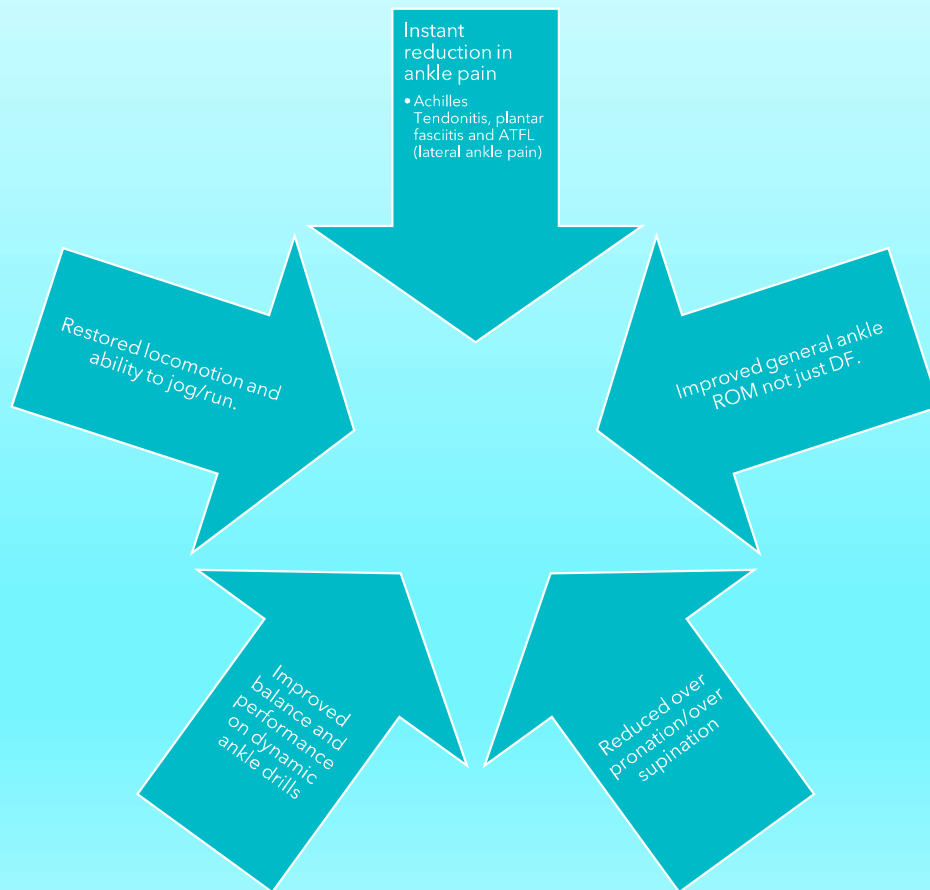
Reduced movement to the ankle can lead to further ankle, knee, hip and/or back issues

- Patella femoral pain, Achilles tendonitis, Plantar fasciitis

Restoring motion to the Talocrur joint (TCJ) has countless benefits

- Improved body mechanics
- Decreased proximal LE strain
- Improved hip/back alignment
- Decreased stress on plantar fascia
- Decreased pressure on phalanges (toes)

Observed benefits in the clinic



Patient reported benefits

- 35 years of bilateral ankle, knee, hip and back pain went away and I can walk farther without pain.
- Two weeks after an ankle sprain I was still limping and had pain. Exoglide reduced my pain and I stopped limping and could do normal exercises again.
- I normally walk on the outside of my feet even have wear marks on the bottom of my shoes to prove it, but after wearing Exoglide I was walking flat on my feet and my hip pain nearly went away after 30 min of wearing them.



Dynamic ankle orthosis (DAO)

Indications

- Pain knee/ankle
- Abnormal gait pattern NWB for any amount of time
- Subacute/chronic ankle sprains
- Ankle fracture recovery
- Post OP ORIF recovery
- Post stroke (if affecting gait pattern)

Precautions

- Lower extremity edema
- Numbness
- Paralysis

Contraindications

- PVD
- Acute fractures
- wounds