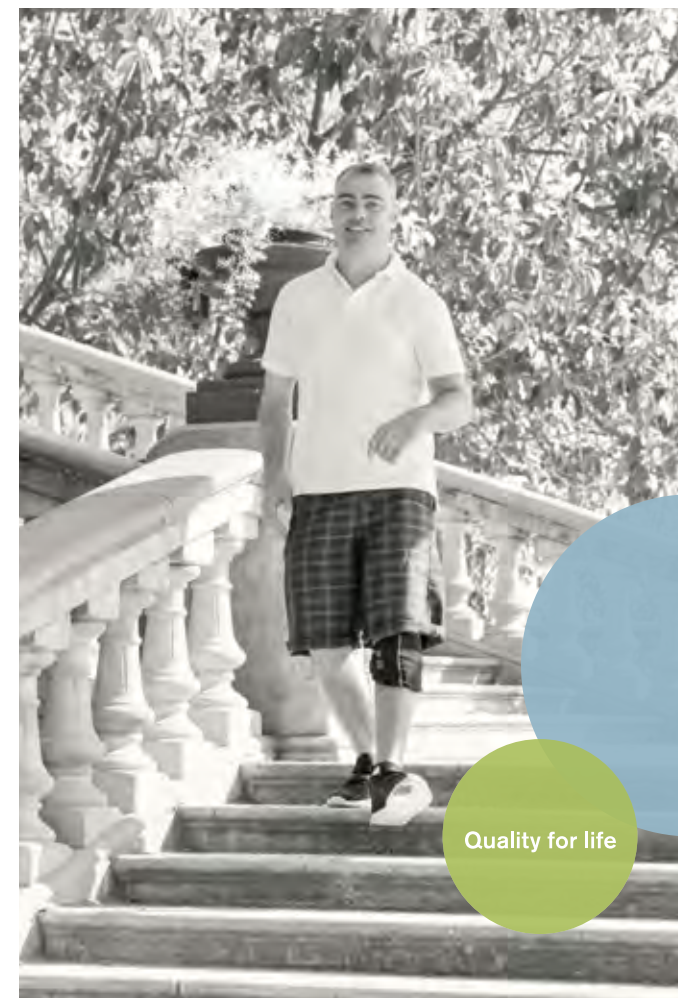


## Small Pulses – Big Impact

MyGait® – The Functional Electrical Stimulation (FES) System for drop foot and gait rehabilitation



For further questions and information we are happy to help you:



MyGait® is a medical device provided with the CE mark in compliance with the directives 93/42/EEC and 1999/5/EC.

You were informed by your specialist about the use of MyGait® for drop foot.

This brochure provides a brief summary of information for MyGait® system. FES is not suitable for all patients with drop foot. Only a clinician can advise in detail about the treatment, contraindications, and possible risks or side effects. Please familiarise yourself with the product information and read the instructions, which contain information about special precautions and possible adverse events.



“MyGait® gave me back my freedom;  
it makes it easier and safer to navigate  
daily life”

Justin, 40 years (stroke at the age of 33)

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# Drop Foot

A daily challenge

Drop foot is characterised by difficulties in raising the foot and toes when walking. This is often caused by altered signals from the brain to the nerves controlling the muscles in the lower leg. Drop foot is frequently associated with stroke, multiple sclerosis, spinal and traumatic brain injuries. It can lead to significant difficulties with walking. Safety and stability, particularly on uneven surfaces, are significantly compromised. People with drop foot tend to scuff their toes along the ground, so to prevent this, they may lift their foot higher than usual using their pelvis and trunk, or swing their leg when walking. This can lead to reduced mobility and independence, and a reluctance to resume previous activities.

## MyGait®

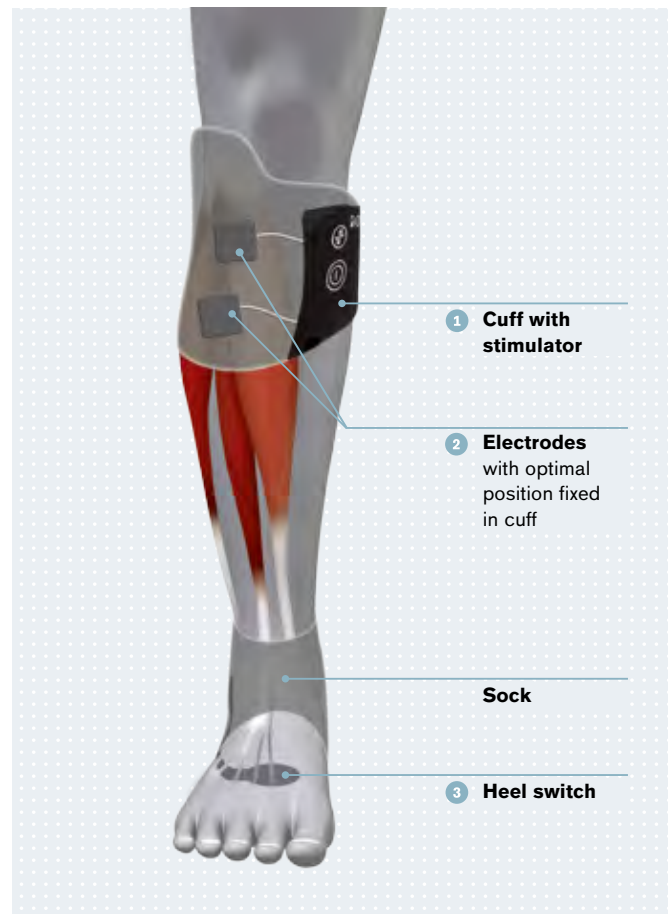
New stimuli with a profound impact

MyGait® is based on the principle of Functional Electrical Stimulation (FES). The muscles that lift the foot are stimulated with an electrical impulse, which is synchronised to your walking pace. The risk of catching your toes on uneven ground is reduced, thereby improving the gait pattern and speed. Walking becomes less tiring: a confident step forward towards a more independent lifestyle.

## This is how MyGait® works

Simple and discreet

A cuff with surface electrodes is fitted to the lower leg, such that the electrodes are over the correct nerve. A wireless heel switch, worn in a specially designed sock, detects when the leg is lifted to take a step and correctly controls the timing of the stimulation. The battery-powered stimulator, held in the cuff, is triggered by the heel switch to deliver the stimulation to the nerve. This activates the muscles responsible for foot lift and improves the walking pattern. A wireless remote control allows you to adjust the settings to suit your daily needs.



## FES may offer a variety of benefits:

- ▶ Lifting the foot at just the right moment
- ▶ Improving walking speed and pattern
- ▶ Making it possible to walk longer distances
- ▶ Walking requires less effort and concentration
- ▶ Mobility is increased
- ▶ More confidence in everyday life

## Benefits of MyGait®:

- ▶ Two different cuffs to choose from
- ▶ Walking without shoes is possible, thanks to the heel switch worn in the special sock
- ▶ Wireless heel switch
- ▶ Easy, single-handed application
- ▶ Wireless adjustment with remote control
- ▶ A second stimulation channel can be used to stimulate an additional set of muscles
- ▶ Easy to clean and many parts are replaceable or washable
- ▶ Self-adhesive hypoallergenic electrodes
- ▶ Can be customised in a variety of ways to suit individual needs