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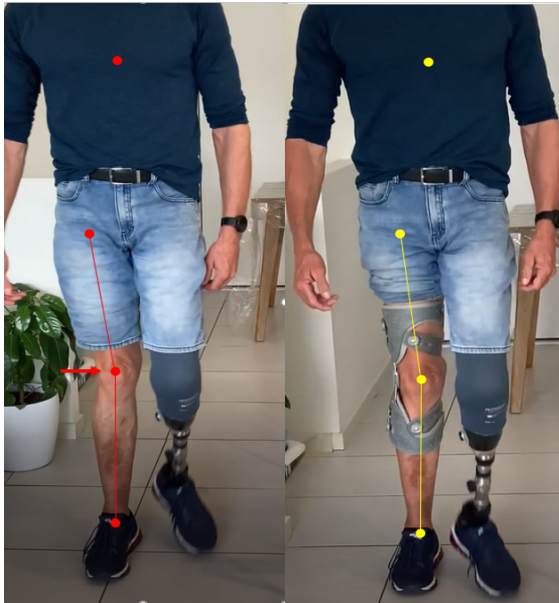
## The Use of an Unloader Brace to Improve Quality of Life for an Active Transtibial Amputee

Steve is an active transtibial amputee and mental health support worker. He suffered a motorbike accident over 20 years ago which left him with a badly damaged and painful ankle. In late 2019, after undergoing one of many ankle surgeries, he acquired an infection which led to the decision to amputate his left leg below the knee.

Steve describes this as being a largely positive decision as he has much less pain and better quality of life post-amputation.

However, the years of loading up his 'good leg', combined with a naturally valgus knee posture has taken its toll and he now has painful lateral compartment osteoarthritis.

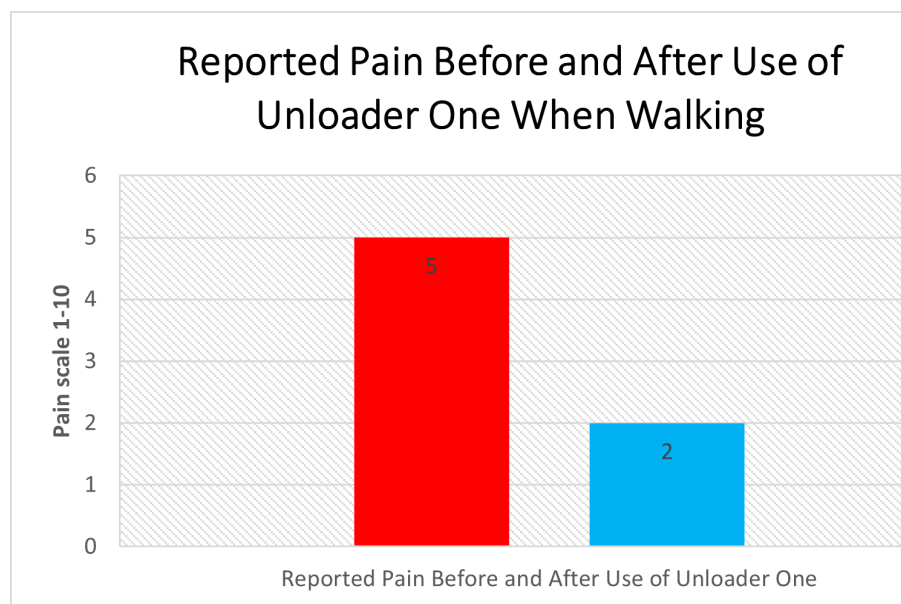
This was causing Steve 5/10 pain when walking and severely limited his fitness goals, ability to climb up and down stairs and go for long walks.



After discussions with his Orthotist, Steve began using an [Unloader One SmartDosing](#) brace from Össur. When using the brace he describes his pain as being “1 or 2/10” and experiences instant relief when wearing it. Watch Steve walking [without a brace](#) to compare with his gait [with a brace](#) to see the difference.

He describes these other positive attributes when wearing the brace:

- Improved stability
- Ability to walk stairs
- He can focus on walking correctly on his prosthetic side
- Improved sleep (less wake ups due to pain)
- Less medication use



Visual analysis of Steve’s gait also shows smoother gait and slightly reduced knee valgus. This is all consistent with the evidence and what we would expect when seeing reduced load through the lateral compartment of the knee. To paraphrase Steve, “it’s not too much to describe it as life changing. It encourages me to walk more. Because I now can. (I have) almost no pain when

walking with the brace. (Walking) is almost painless, it makes such a difference.” With great thanks to Steve for allowing us to use his story and to the team at Custom Prosthetics & BraceFit QLD for putting us in touch.

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## Our Next Webinar

### Complex Knee Ligament Injuries



**Webinar Presenter:** Chris Kondogiannis

Join Orthopaedic Surgeon, Chris Kondogiannis as he explores acute and sub-acute management of complex knee ligament injuries. Chris will dive into sports-related knee injuries including multi-ligament reconstructions in the context of sports and high-energy trauma.

**Date:** Wednesday 16 March 2022

**Time:** 7pm - 8pm AEDT

[Register Now](#)

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## Clinical Anatomy Posters now available



We now have a range of clinical anatomy posters including Hip, Knee, Spine and Foot. These posters have been designed for clinics who are looking for imagery to display on walls or to help demonstrate anatomical concerns to patients. Completely complimentary in either a laminated or digital download. Contact your representative if you would like a set for your clinic.

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## Meet Össur CTI Ambassador - Sam Logan





Growing up surrounded by the beautiful beaches of Phillip Island, Sam was drawn to surfing from a very young age and caught his first wave when he was just 14 years old.

Shortly after finishing his building trade, he relocated to Warrnambool in far west Victoria where he started to perfect his surfing skills and found himself hooked on the thrill of the wave.

From spending so much time out at sea, Sam became more susceptible to risk and sustained multiple injuries to his right knee, which impacted his confidence to surf with safety.

Luckily, Sam was able to restore his confidence to surf after being fitted with [Össur's Custom CTI Knee Brace](#).

Sam strives to build a net-zero home and to live off the grid. He is passionate about living sustainably and wants to grow his own food. He hopes to inspire others to follow their dreams to "push the big wave limits".

Sam's key message is: "Be honest & truthful to what aligns with you, this is the key to a fulfilled life."

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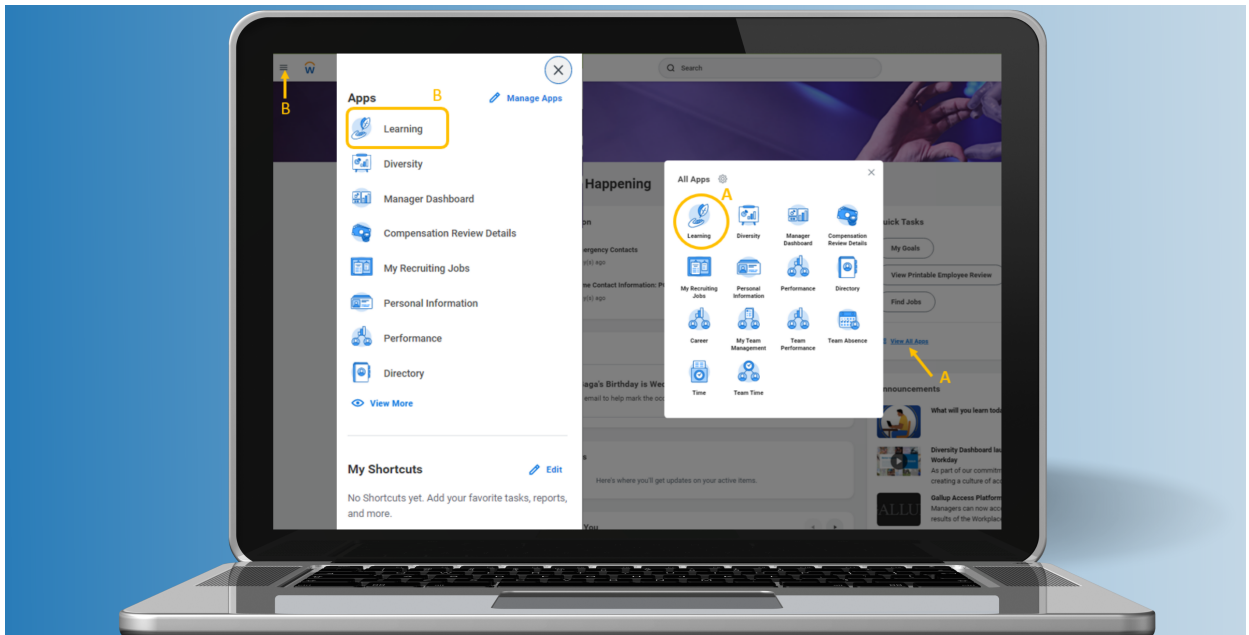
## AOPA21 Returning to Melbourne





We recently had the pleasure of exhibiting at the AOPA 2021 Congress Part 2 in Melbourne. It has been two years since the event has been able to take place, and for us to see many people in person. Our Bracing and Supports division combined with Prosthetics for this two-day event to provide clinical and product technical information, whilst also contributing to three workshops. Thanks to all those who stopped by for a chat. If you have any further questions relating to products on display, please contact your local representative for further information.

## Workday Update



Workday will be releasing new updates to improve access and user experience. Learning modules will be accessible from the "View All Apps" button, and from a menu on the top left hand side. Further announcements to be expected by end of week, watch this space!

NSW

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