

Using your Boxia orthosis

Only use your Boxia orthosis as you have been advised by your physiotherapist.

When you are sitting or lying down, **do not** wear your Boxia orthosis as this may cause discomfort.

If you experience any of the following symptoms in your ankle or foot then remove the Boxia orthosis and contact your physiotherapist immediately:

- Swelling
- Redness
- Pain
- Itching
- Tingling
- Numbness

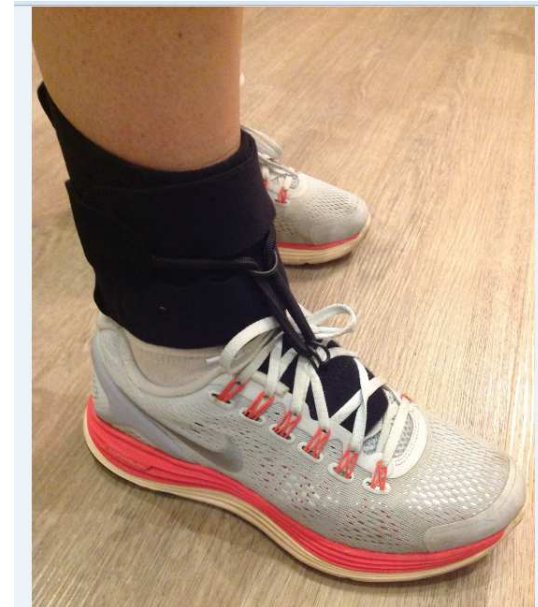
References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

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A guide to your Boxia orthosis

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Introduction

This leaflet is designed to provide you with information on your Boxia orthosis including a step-by-step guide to fitting it correctly.

What is a Boxia orthosis?

A Boxia orthosis is an ankle-foot orthotic device that helps to lift your foot up when walking. The Boxia orthosis has two separate components - a Velcro strap placed around the ankle and metal hooks or a clip placed in the footwear's laces. An elastic strap connects the two parts together and lifts the foot upwards.

What are the aims of the Boxia orthosis?

The muscles that usually lift your foot up are weak which means that when you walk, your foot is not clearing the floor enough. The Boxia orthosis raises the foot and provides enough foot clearance when you swing your leg through in walking. This helps you to walk easier and reduces the risk of falling. Also, due to the elastic component of the Boxia orthosis, it will help to 're-train' and strengthen your muscles in your ankle and foot as you walk.

When should I be wearing my Boxia orthosis?

Your physiotherapist will advise you when to wear your Boxia orthosis. Typically, you will need to wear it when you are walking. When you are resting, you should not wear it as it may cause you some discomfort.

Step 5: Attach the Velcro tabs to either side of the upper part of the ankle strap.



You will see that your foot has been raised. Your Boxia orthosis has now been fitted.



If you have any problems fitting your Boxia orthosis, then please contact your physiotherapist.

Step 3: Thread the elastic loop strap through the metal ring on the ankle support.



Step 4: Attach the elastic loop strap around the two metal hooks or black tongue with clip in the laces and separate the Velcro tabs at the top.



Components of your Boxia orthosis

1. Ankle support with metal ring



2. Metal hooks x 2



3. Black tongue with clip



4. Elastic loop strap



Fitting your Boxia orthosis

Ensure that you are sitting down and wearing socks and trainers with laces. Keep your foot flat on the ground and your knee at a 90 degree angle to properly fit your Boxia orthosis.

Follow the step-by-step guide below to correctly fit your Boxia orthosis.

Step 1: Fit the ankle support with metal ring around the ankle ensuring that the metal ring is positioned at the front and in the middle of the ankle.



Step 2: Your physiotherapist will tell you whether to insert the metal hooks or black tongue with clip into your trainer's laces.

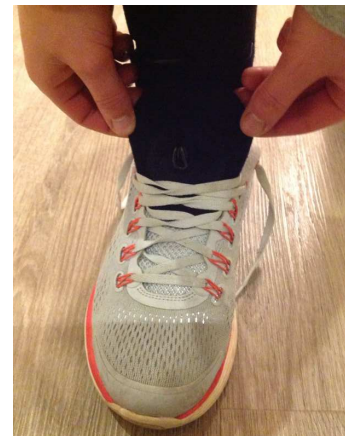
Using the metal hooks:

Place two metal hooks into the eyelets of the trainer, one either side, at the same level. Place the opening of the hook facing the toes.



Using the black tongue with clip:

Place the black tongue with clip underneath the laces as far down as possible with the opening of the clip facing the toes. Make sure that the clip is placed in the centre of the trainer.



(If you cannot or do not wear footwear, there is an alternative Velcro band placed around your foot which can be used if advised by your physiotherapist).