



# BORT Helix S Spiraldynamik® Lower Ankle Support

Active Support to Sustain Torsion

- ⊕ Functional supportive restraint in the case of arch foot, flat foot and splay foot as well as toe deformities
- ⊕ Support of torsion of the back of the foot and straightening of the arch of the foot

*Spiraldynamik*  
intelligent movement

Med

**BORT. Benefit at your side.**

# Triple correcting effect

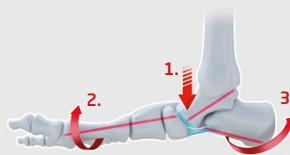
When walking, the foot is shortened and extended. The forefoot and heel turn against each other during this process. The lower ankle joint's ligaments, tendons and muscles have an effect similar to a trampoline.

In case of skew pes planotransversus, the physiological balance between both movements is moved in favour of stretching and flattening.

In this context, the BORT Helix S lower ankle support develops a triple correcting effect, namely on:

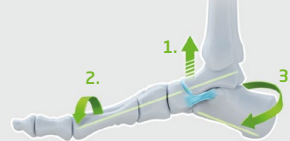
- the calcaneus position (talipes valgus)
- the arch of the foot (fallen arches)
- the metatarsus (splay foot).

**Without a support**



**Fallen arches deformity (1)  
Splay foot deformity (2)  
Talipes valgus deformity (3)**

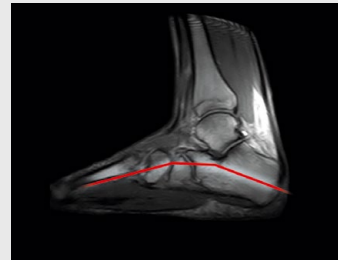
**With a support**



**Raising the head of the talus (1)  
Forefoot pronation (2)  
Calcaneus inversion (3)**

## MRT case study - test person with/without a support and standing\*

\*Study: Dr Christian Roggenbuck in M-O-T Medizinisch Orthopädische Technik, issue 04/2016, p. 4-9



Significantly flattened longitudinal arch (fallen arches)



Calcaneus valgus position (talipes valgus)



Normalised longitudinal arch  
( $\Delta$  = height correction)



Raised calcaneus  
( $\alpha$  = angle of correction)

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# Support correct walking with every step



## INVERSION OF THE CALCANEUS

Erection of the backfoot



## SUPPORT AT THE END OF THE GAITCYCLE



## INTERNAL ROTATION OF THE SCAPHOID

The first impulse enters deeper; the arch of the foot is supported in the longitudinal and transverse direction.



## FOREFOOT PRONATION

Support of the physiological rolling movement



The BORT Helix S Spiraldynamik® Lower Ankle Support guides the foot back to its natural movement. The BORT Helix S Spiraldynamik® Lower Ankle Support encourages the body to be aware of the foot's spiral motion. Walking becomes a pleasure once more.

# The support benefit for your insoles



BORT HELIX S SPIRALDYNAMIK® LOWER JOINT ANKLE SUPPORT  
COMBINED WITH ORTHOPAEDIC INSOLES

- An ideal supplement for orthopaedic insoles in case of Pes planotransversus and hallux valgus
- Dynamic straightening of the arch of the foot using the support restraint
- Can be worn combined with insoles in the shoe
- Support if no shoes can be worn, e.g. in home surroundings when wearing socks or barefoot

*Spiraldynamik*  
intelligent movement

## The didactic concept and its implementation in the BORT Helix S Spiraldynamik® Lower Ankle Support

The Spiraldynamik® uses a training technique that pays particular attention to the spiral turns linked with every movement of the body. During walking and running, the entire body is subject to a helix-shaped movement. This results in a dynamic that simultaneously ensures stability and flexibility to the body. The movement begins in the tarsus, the lower ankle joint<sup>1)</sup>. The BORT Helix S Spiraldynamik® Lower Ankle Support works there to promote a natural, physiological gait pattern – exactly there, where it starts.

1) Lundgren P, et al., Invasive in vivo measurement of rear-, mid- and forefoot motion during walking, GaitPosture (2007), doi:10.1016/j.gaitpost.2007.10.009

# Active support for correct walking



Profile

## BORT Helix S Spiraldynamik® Lower Ankle Support No. 053 200



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### PRODUCT-BENEFIT

- Ankle bandage to support torsion of the back of the foot and to raise the instep
- Ligament separation thanks to longitudinal cuts for an anatomical fit and optimal function
- New design with thin, elastic straps
- Two silicone pads
- Extra soft, snag proof material edge at the calf
- Also for children

COLOUR: ■ black

### THE MED-BENEFIT

- Stabilisation of the ankle and activation of foot muscles through compression
  - Functional supportive restraint in the case of classical foot deformities (i.e. skew and splayfoot)
  - Optimal comfort even during intense activity
  - Intermittent massage
  - Simplified handling
- Pack: single item

SIZES	Circumference of ankle
x-small/KIDS	17 – 19 cm
small	19 – 21 cm
medium	21 – 23 cm
large	23 – 25 cm
x-large	25 – 27 cm

please indicate left or right



MEASURING POINT  
b-measure

### INDICATIONS

Foot problems due to static anomalies and defects in the shape of the foot due to dysfunction of the lower ankle joint, chronic, post-traumatic or post-operative irritations of soft tissue issues in the area of lower ankle joint and the sole of the foot, arthrosis, ligament weakness.

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# THE BORT-BENEFIT: Spiraldynamik® Exercises for active training



- ⊕ Training exercises support the return to a natural and physiological motion sequence
- ⊕ Can be applied actively by the patients themselves



## FOOT SCREW



Perception of the spiral-shaped foot screw connection

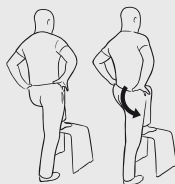
**Aids:** –

**Starting position:** Sitting

**Implementation:** Support your knee and span your heel with one hand and the forefoot with the other hand. Then move your forefoot forward towards the floor helically. Ensure that the ankle joint and heel are not moved. The foot and shank should remain set at a 90 degree angle.



## SKYPROPELLOR



Initiation of 3D pelvic movement

**Aids:** A chair

**Starting position:** Standing

**Implementation:** Place one leg on the chair and straighten yourself up as far as possible. As a result of straightening the spine, the pelvis tilts towards the supporting leg. Avoid lateral evasive movement.



Patient information leaflet for  
BORT Helix S Spiraldynamik®  
Lower Ankle Support

Your competent partner in the provision of  
BORT supports and braces



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