Momentum Suitability Checklist

Do you have open wounds on your injured limb?

- **Yes** → **Momentum is not a suitable orthosis for you.**
- **No** ↓

Do you suffer from severe swelling that is not able to be successfully managed with medication or compression hosiery?

- **Yes** → **Momentum may not be suitable.**

  The brace is required to be an intimate fit to provide suitable support, therefore, significant swelling is a contraindication for use. If the swelling experienced cannot be managed, you may find the rigid frame of the brace digs into your skin as you swell within the brace throughout the day.
- **No** ↓

Have you had surgery to your foot and/ or ankle within the last 3 months?

- **Yes** → Depending on the nature of the surgery, it may be too soon for an assessment. An appointment post surgery once your recovery has plateaued is recommended. If unsure, please contact us for further advice.
- **No** ↓

Have you ever suffered from a brain injury or do you have an underlying condition that affects your central nervous system?

- **Yes** → Please contact us to discuss further with our clinical team.
- **No** ↓

Do you have pain in your foot and/or ankle when standing or walking and have you had this pain for more than 3 months?

- **Yes** → Momentum is indicated where long term pain in the foot and ankle presents, not a recent injury or discomfort that may resolve in time. If unsure, please contact us for further advice from our clinical team.
- **No** ↓

Do you find you walk with a limp?

- **Yes** / **No** ↓

Are the muscles in your injured leg weak?

- **Yes** / **No** ↓

Do you have strong hip and knee muscles? Can you for instance when seated elevate your injured leg so it is out straight and hold it there for 5 seconds?

- **No** → We need to ensure that the muscles around your knee and hip are strong enough to allow you to walk in Momentum successfully. If your knee and hip are weak, you may benefit from a course of physiotherapy prior to using the brace. If your hip and knee muscles are weak due to an illness or a trauma you have sustained, you may require a different style of orthosis. Our expert clinical team can offer further advice.
- **Yes** ↓

Momentum may be suitable.

Please contact us to arrange an initial assessment.

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