



ottobock.

Agilium™ Freestep 2.0

For unicompartmental knee osteoarthritis
Less pain. More life.

Quality for life

Osteoarthritis

Benefits of an orthotic fitting

Osteoarthritis is the most common joint disorder worldwide. In light of our aging population, the number of those affected is increasing. Women and men who are overweight are diagnosed more frequently than other groups.

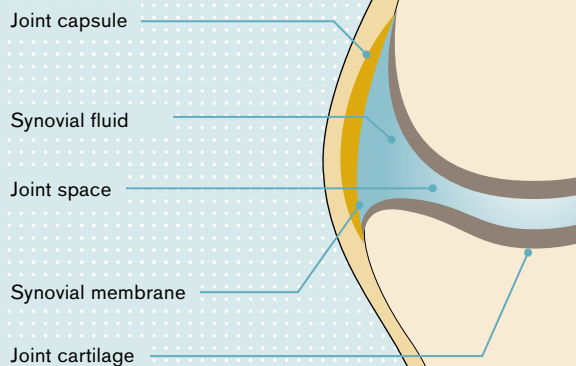
Osteoarthritis is a disease of the musculoskeletal joint system. It is characterized by degeneration of joint cartilage as well as damage to affiliated structures including bones, muscles, capsules, and ligaments. In advanced stages, patients experience pathological changes particularly in the form of pain and movement limitations. Both substantially affect their daily lives.

An orthotic fitting is a key component in the treatment of osteoarthritis.

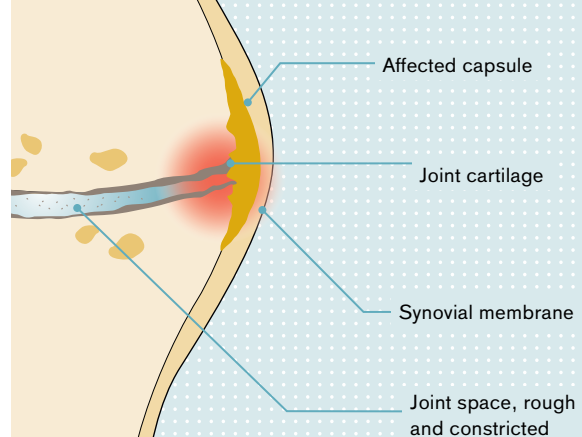
It can provide the following:

- Pain relief
- Support for daily activities
- Support for activities that affect the joint, whether at work or during sports

Healthy knee joint



Damaged knee joint





Did you know?

An osteoarthritis patient takes an average of 1,200 tablets a year to manage pain. However, this can damage the stomach, bowel, and liver. Proven just as effective, a brace from the Agilium line can be a safer alternative for anyone with knee osteoarthritis.

“On a little outing to an orchid nursery, I was able to kneel down next to my grandchildren. That’s how I took my first selfie – a great moment.”

Karin



Orthotists are familiar with the symptoms experienced by people with knee osteoarthritis. The most basic everyday activities can cause knee pain. On the other hand, these activities can feel great when pain is relieved.

Agilium Freestep 2.0 for knee osteoarthritis

The Agilium Freestep 2.0 provides targeted relief for the affected compartment for patients with medial or lateral knee osteoarthritis. That’s the key to effective osteoarthritis relief management.

¹Schmalz et al. 2006; Schmalz et al. 2011; Fantini-Pagani et al. 2014; Menger et al. 7/2016 "Archives of Orthopaedic and Trauma Surgery (AOTS)"

Agilium Freestep 2.0

Innovative mode of action

The most unique brace in the Agilium line, the Agilium Freestep 2.0 is highly effective in targeting knee OA pain.

The Agilium Freestep 2.0 is unique because it is built as an ankle foot orthosis (AFO), meaning the knee is not restricted. Thanks to its innovative design, the force generated during a step can be utilized.

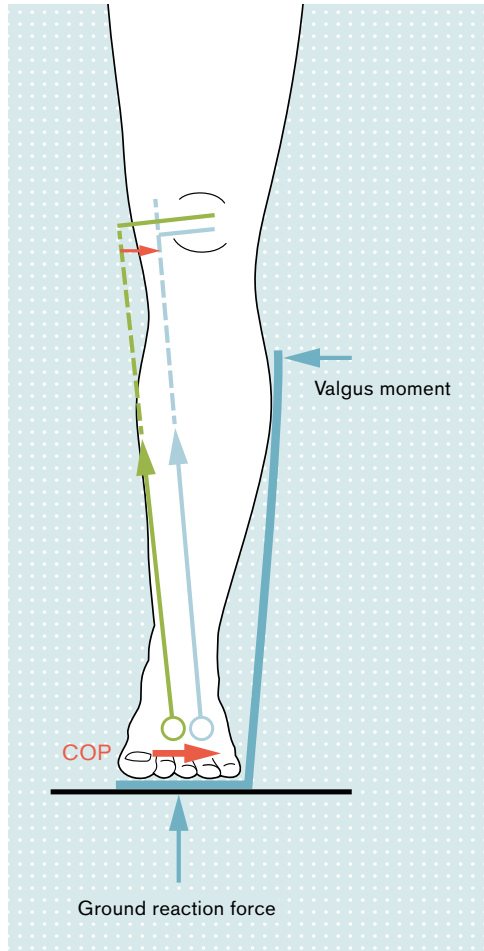
Benefits

- For patients:
 - When a knee operation is contraindicated
 - When application of a knee brace is problematic: for patients with adipose deposits
 - Support for osteoarthritis treatment
- Fitting leaves the knee free
- The innovative mode of action has been biomechanically analyzed and clinically tested¹
- Use of pain relievers can be reduced by up to 50%²
- Easy adaptation
- High patient compliance thanks to its slim, comfortable design
- Brace cannot slip
- Dynamic design engages the brace only when the knee is loaded
- Lightweight

¹Schmalz et al. 2006; Schmalz et al. 2011; Fantini-Pagani et al. 2014; Stinus et al. 2015 (not yet published)

²Stinus et al. 2015 (not yet published)





Construction and mode of action

The Agilium Freestep 2.0 consists of foot and ankle components that are connected by a joint. This joint moves freely only in the sagittal plane. The ankle joints are spanned by a rigid component in the frontal plane. The brace is worn inside a shoe. This – together with the additional fixture on the lower leg – ensures the brace stays in place extremely well.

Biomechanical studies have shown spanning the ankle joint by a rigid component restricts eversion movements.¹ This shifts the CoP (centre of pressure) laterally. Consequently, this shifts the GRF (ground reaction force) adduction moment in the direction of the lateral edge of the foot, thus lateralizing the course of the resulting force vector. As a result, the lever arm towards the knee is shortened, which increases the moment currently impacting the knee. By shortening the lever arm, the external varus moment of

the knee is reduced. This takes the pressure off the medial knee compartment. The varus moment of the knee is significantly reduced by the Agilium Freestep.¹

In addition to the conservative treatment of unicompartmental knee osteoarthritis, the Agilium Freestep 2.0 is also suitable for pre-operative use to check the indication of a valgising corrective osteotomy in case of varus knee osteoarthritis (brace test). In the post-operative phase, the brace is used after interventions in the cartilage structure and meniscus surgery where unilateral relief is required.

¹Schmalz et al. 2006; Schmalz et al. 2011; Fantini-Pagani et al. 2014; Menger et al. 7/2016 "Archives of Orthopaedic and Trauma Surgery (AOTS)"



Agilium Reactive



Agilium Patella

Agilium line

The braces in the Agilium line are designed specifically to target the symptoms of knee osteoarthritis. Each works in a different way to address the various characteristics of knee osteoarthritis. At the same time, we placed special focus on their comfort and suitability for daily use.

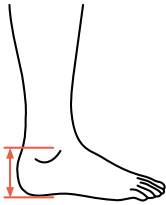


Fitting into the shoe

The Agilium Freestep 2.0 can be customized depending on what's needed for the patient. Leather, an insert, a cork wedge, or a cork sole could all be applied to the sole. In all cases, we recommend wearing sturdy shoes. Orthotists can provide the user with detailed individual advice regarding the best options.



50K4-1 Agilium Freestep 2.0

	Article number	Side	Size	Joint height
	50K4-1	L/R	S	68 mm
		L/R	M	78 mm
		L/R	L	88 mm
		L/R	XL	98 mm

The Agilium Freestep 2.0 is offered for both medial and lateral knee osteoarthritis.

Order example

50K4=R-M-1 (lateral brace – medial knee osteoarthritis)

50K4=R-M-1-LG (medial brace – lateral knee osteoarthritis)

