

Taleo Adjust.

Justification for the Adjustable Heel Height Feature.

The overarching justification for the adjustable heel height feature on the *Taleo Adjust* is the ability to maintain proper alignment while using different types of footwear (or none at all). Restricting users to one heel height greatly limits their ability to safely participate in activities that require different types of footwear and heel heights. Doing so without maintaining proper alignment compromises their balance, stability, and gait pattern and increases socket pressures which can lead to discomfort of the residual limb. It's also important to remember that many users have certain footwear requirements for their occupation that may have a significant heel height discrepancy from their everyday shoes.

A second justification applies to sitting when maximum plantarflexion of the ankle cannot be achieved. An adjustable heel height foot such as the *Taleo Adjust* provides the ability to plantarflex the foot while sitting. This is an important feature (especially for transtibial users) when they are forced to sit in a confined space for a long period of time (work, car, plane, etc.) as this will create increased pressure on the cut end of the tibia which leads to a high level of discomfort. Maintaining a flat foot when sitting can normalize the socket pressures, allowing the user to sit more comfortably.

Activities of daily living (ADL's) should be specific to the patient's needs and can include the following: activities at home or work that necessitate a shoe change (including going barefoot) and activities that involve prolonged sitting, public transportation, or similar.

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