

Sizing chart



Clinical indications

- Drop foot
- Dorsiflexion weakness
- Peroneal nerve injury
- Idiopathic Toe-walking
- Charcot Marie Tooth (CMT)
- Stroke (CVA)
- Multiple Sclerosis (MS)
- Cerebral Palsy (CP)
- Hemiplegia
- Guillain-Barre Syndrome (GBS)
- Motor neuropathy
- Motor Neurone Disease (MND)
- Back injury or surgery
- Cancer
- Knee injury or surgery

Known clinical limitations

- x Inappropriate footwear
- x Gross fixed deformities of foot or ankle
- x Severe spasticity
- x Quadriceps weakness
- x Severe knee weakness
- x Crouch gait

An assessment from a healthcare professional is recommended to confirm whether the indications and limitations listed below make the patient a candidate for the Xtern. Sizing can then be determined using the patient's foot width and length.

SHOE SIZE					XTERN KIT SIZE SELECTION		
US		UK	EU		PRODUCT: 101100-SA-L	PRODUCT: 101100-SA-M	PRODUCT: 101100-SA-S
MEN	WOMEN		KIDS		LARGE	MEDIUM	SMALL
16				15.5	51	●	
15.5				15	50.5	●	
15				14.5	50	●	
14.5				14	49.5	●	
14				13.5	49	●	
13.5				13	48	●	
13				12.5	47.5	●	
12.5				12	47	●	
12				11.5	46.5	●	
11.5				11	46	●	
11				10.5	45	●	
10.5	11.5			10	44.5	●	
10	11			9.5	44	●	
9.5	10.5			9	43	●	
9	10			8.5	42.5	●	
8.5	9.5			8	42	●	
8	9	8	Y	7.5	41.5	●	●
7.5	8.5	7.5	Y	7	40.5	●	●
7	8	7	Y	6.5	40	●	●
6.5	7.5	6.5	Y	6	39	●	●
6	7	6	Y	5.5	38.5	●	●
5.5	6.5	5.5	Y	5	38	●	●
5	6	5	Y	4.5	37.5	●	●
4.5	5.5	4.5	Y	4	37	●	●
4	5	4	Y	3.5	36	●	●
3.5	4.5	3.5	Y	3	35.5	●	●
3	4	3	Y	2.5	35	●	●
2.5	3.5	2.5	Y	2	34.5	●	●

● WIDE SHOE/FOOT



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* HCPCS Code L1951 (PDAC VALIDATED) : Ankle foot orthosis, spiral, (institute of rehabilitative medicine type). Plastic or other material, prefabricated, includes fitting and adjustment.