



# HFAD

Hip Flexion Assist Device

## A Practical Solution for Hip Flexion Weakness

The Hip Flexion Assist Device (HFAD) is intended for individuals with Multiple Sclerosis (MS) who are experiencing hip flexor weakness. The Hip Flexion Assist Device is designed to improve gait and consists of a comfortable waist band and two dynamic tension bands that attach to the shoe.

A recent study, funded by the National MS Society, and published in the Archives of Physical Medicine and Rehabilitation examined the efficacy and safety of this device in ambulatory MS patients. The results of the study indicated that for ambulatory patients with MS, the HFAD significantly improved gait performance, as well as improved strength in the limb fitted with the HFAD. Furthermore, the use of the HFAD was found to result in increased daily activity level.

### FEATURES

The HFAD is lightweight, manufactured from durable materials, easily adjustable, and available in stock sizes. It may be worn over or under clothing, as it attaches to the shoelaces no special footwear is required.

### CLINICAL APPLICATION

The Hip Flexion Assist Device may be beneficial for individuals with MS who are currently ambulatory but have difficulty initiating swing due to hip flexor weakness:

- Have hip flexor, knee flexor, or ankle dorsiflexor weakness
- Fatigue when walking, resulting in limited endurance
- Drag the weaker leg with compensatory movements (such as hip hiking, circumduction of the effected leg, or vaulting off of the contralateral foot)
- Have tried to use an AFO to compensate for footdrop, but still struggle to walk due to hip and knee flexor weakness

1. Sutliff, Matthew H., PT; Jonathan M. Naft, CPO; Darlene K. Stough, RN; Jar Chi Lee, MS; Susana S. Arrigain, MA; and Francois A. Bethoux, MD. "Efficacy and Safety of a Hip Flexion Assist Orthosis in Ambulatory Multiple Sclerosis Patients." Archives of Physical Medicine and Rehabilitation 89 (2008): 1611-1617.



#### HFAD Size Chart

SIZE	WAIST CIRCUMFERENCE
Small	24" - 32"
Medium	33" - 40"
Large	41" - 48"

Note: Please specify Left, Right or Bilateral and Regular Length or Extra Long [ height over 5'10" (1.78 m) ] when ordering.



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