

# Relief Insert® 2.0

## Relief Insert® Walker 2.0

### Relief Insert® Walker 2.0 Achill

One product – many applications: Splinting System, Walker and Achilles-Walker



**DARCO**






# Benefits and Features

## Benefits

- > 3-in-1: The individual, removable elements allow the product to be used in many areas:
  1. As a Splinting System e.g. already in the operating room
  2. With the Relief Dual® Plus Off-Loading Shoe as a Lower Leg Foot Orthosis
  3. With DAW Achilles wedges (3-piece kit) as an Achilles-Walker for customised pes equinus prophylaxis
- > Simple bandage check as the shoe can be easily removed and put on again
- > Additional support with optional forefoot strap (included)
- > High patient acceptance
  - Soft heel area thanks to the splint opening
  - Slim design
  - Low weight
  - Hygienic through removal of the shoe and replaceable lining, machine washable at 60°C
  - Low heat generation

## Features

- > For postoperative mobilisation and stabilisation
- > Physiologically correct gait pattern
- > Sustainable therapy concept in conjunction with the Relief Dual® Plus Off-loading Shoe
- > Universal fit for right and left
- > Exchangeable insole

-  Right = Left
-  Low weight
-  Exchangeable insole

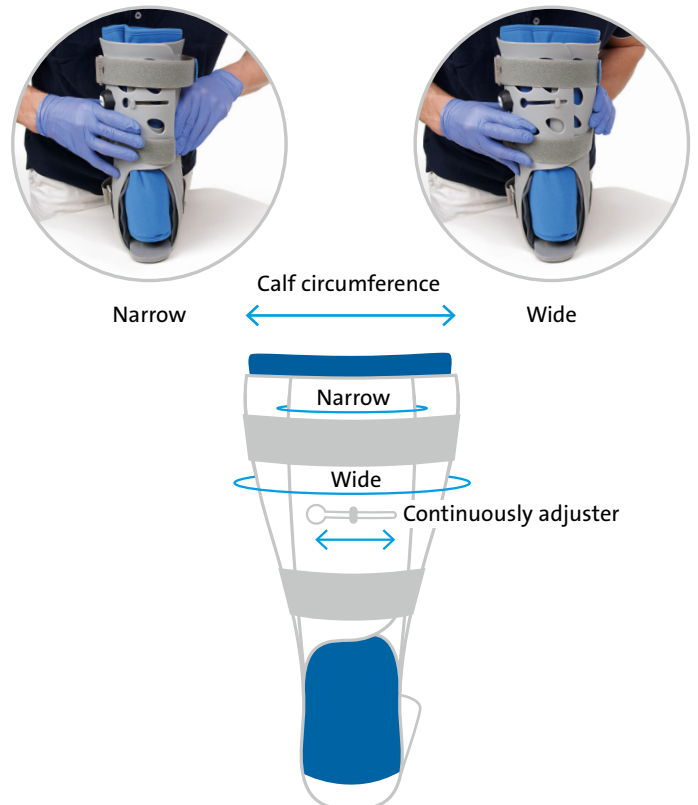
## Maximum stability through customised fitting

### Integrated pump

For stabilisation in the ankle area, the volume of the air chambers can be increased and is therefore customisable. The air volume can be reduced by operating the valve.

### Automatic modification of the width

The innovative shell technology allows the width of the orthosis to be automatically adjusted to the circumference of the patient's calf. The resulting soft tissue compression creates additional stability in the lower leg / foot area. The adjuster can also be unhooked in case of particularly strong calves.



# Use 1

## Splinting System | Relief Insert® 2.0

The Splinting System is used to position the lower leg to the foot at a 90° angle. The DAW Achilles Wedges can be used to relieve the Achilles tendon to achieve full contact with the foot.

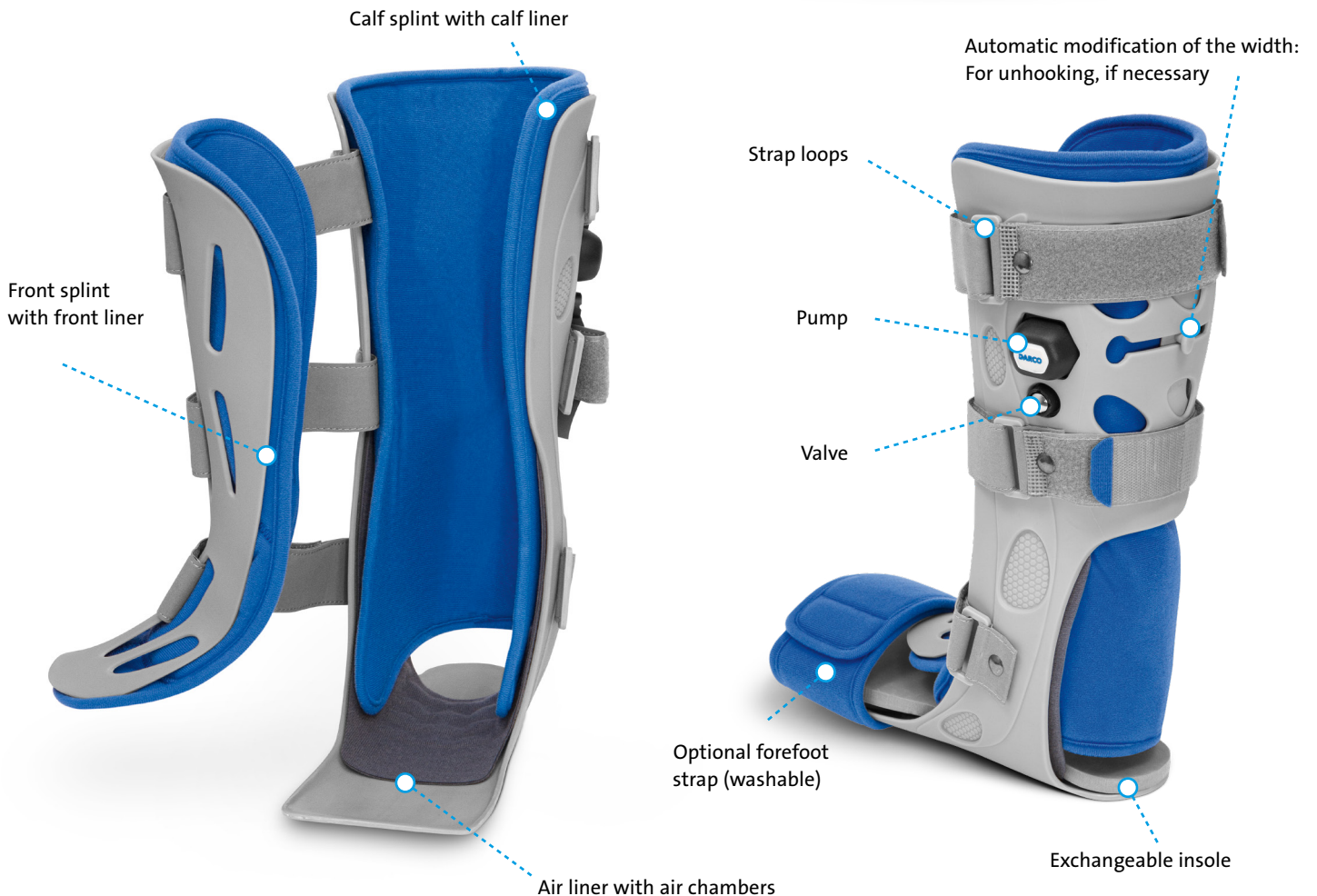
### Indications

For general use in conservative and postoperative therapy of lower leg, ankle and foot injuries:

- > Pre- and postoperative support
- > Pes equinus prophylaxis
- > Post-traumatic stabilisation / Immobilisation
- > Immobilisation following an accident
- > Short-term stabilisation (ligament rupture, luxation, fractures, wounds, strains, sprains, etc.)

For use with heel wedges for positioning in case of:

- > Tendinitis in the Achilles tendon area
- > Achilles tendon rupture
- > Plantar flexion contracture of more than 10°
- > Shortening of the calf muscles





# Use 2

## Lower Leg / Foot Orthosis | Relief Insert® Walker 2.0

The Splinting System becomes a mobilising Lower Leg Foot Orthosis by fitting the Relief Dual® Plus Off-loading Shoe. The Relief Insert® Walker 2.0. can be customised with all kinds of DARCO Arch Cushion Insoles for additional plantar pressure relief. The PegContour® Insole Uni – a peg arch cushion insole with heel contour and memory foam effect – pre-fitted in the walker achieves optimum pressure redistribution. Removal of single pegs allows individual adjustment and enables selective pressure relief.

### Indications

- > Pre- and postoperative / post-traumatic immobilisation of the lower leg / foot, stable foot or ankle fractures, severe ankle sprains Arthrodesis of the first TMT joint (lapidus arthrodesis)
- > Postoperatively after Weber fractures
- > For ligament rupture of the ankle joint
- > Upper ankle joint arthrodesis
- > Postoperative use after removal of Haglund's exostosis (with intact Achilles tendon)
- > Arthrodesis of the first TMT joint (lapidus arthrodesis)
- > After metatarsal fracture surgery
- > After hallux valgus surgery
- > After hallux rigidus surgery
- > After hammer and claw toe surgery
- > Fractures of the phalanges
- > After surgery on the rearfoot

### Included with delivery

- > Relief Insert® 2.0 Splinting System
- > Relief Dual® Plus Off-loading Shoe
- > Optional forefoot strap
- > PegContour® Insole Uni (already inserted in the walker)
- > Grey EVA insole (additionally enclosed)



**Relief Insert® 2.0**  
Splinting System

**PegContour® Insole Uni**  
Universal Peg Arch Cushion Insole

**Relief Dual® Plus**  
Off-loading Shoe

# Use 3

## Achilles Walker | Relief Insert® Walker 2.0 Achill

The Relief Insert® Walker 2.0 Achill is a Lower Leg Foot Orthosis with 3-piece wedge set for Achilles tendon relief. The elevation and the acute foot angle can be adapted to the patient by varying the number of wedges used. 3 wedges are equivalent to 120°. Removal of the wedges step by step allows the angle of plantar flexion to be adapted to the therapy course. The open and soft heel area provided for good air circulation.

### Indications

- > Achilles tendon ruptures
- > Postoperative use for:
  - Achilles tendon suture
  - Removal of Haglund's exostosis

### Included with delivery

- > Relief Insert® 2.0 Splinting System
- > Relief Dual® Plus Off-loading Shoe
- > Optional forefoot strap
- > DAW (DARCO Achilles Wedges) Heel Wedges



**Relief Insert® 2.0**  
Splinting System

**Relief Dual® Plus**  
Off-loading Shoe

**DAW (DARCO Achilles Wedges)**  
Heel Wedges

## Article List



**Relief Insert® 2.0**  
Splinting System

**Size** **Art. No.**

**Colour: Grey-Blue**

S	37.0 – 40.5	RIX2-1
M	41.0 – 43.0	RIX2-2
L	43.5 – 47.0	RIX2-3



**Relief Insert® Walker 2.0**  
Lower Leg / Foot Orthosis

**Size** **Art. No.**

**Colour: Grey-Blue**

XS	37.0 – 38.5	RIW2-0
S	39.0 – 41.0	RIW2-1
M	41.5 – 43.0	RIW2-2
L	43.5 – 45.0	RIW2-3
XL	45.5 – 47.0	RIW2-4



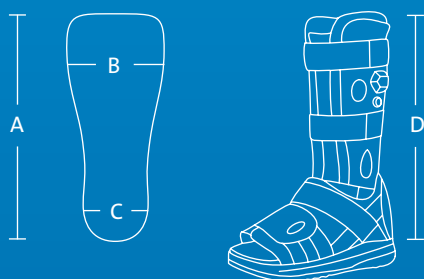
**Relief Insert® Walker 2.0 Achill**  
Achilles-Walker

**Size** **Art. No.**

**Colour: Grey-Blue**

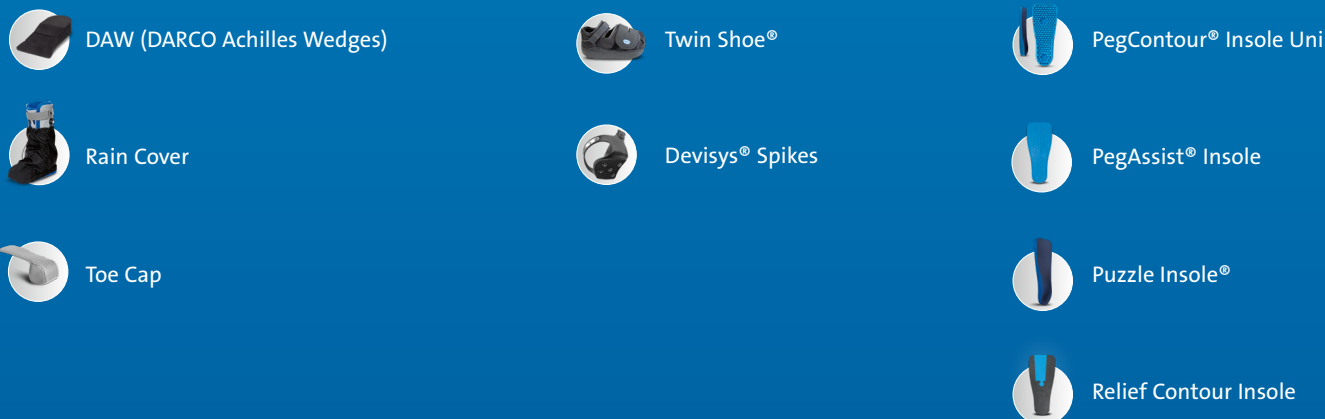
XS	37.0 – 38.5	RIW2W-0
S	39.0 – 41.0	RIW2W-1
M	41.5 – 43.0	RIW2W-2
L	43.5 – 45.0	RIW2W-3
XL	45.5 – 47.0	RIW2W-4

## Sizes and Measurements



Size	Shoe Size	Insole in cm			Shaft height D	Size Toe Cap, Insole
		A	B	C		
XS	37.0 – 38.5	24.6	9.5	6.0	38.3 cm	WM
S	39.0 – 41.0	26.0	10.5	6.5	38.3 cm	MS
M	41.5 – 43.0	27.5	11.0	6.5	40.3 cm	MM
L	43.5 – 45.0	29.0	11.5	7.0	44.7 cm	ML
XL	45.5 – 47.0	31.0	12.5	7.5	44.7 cm	MXL

## Compatible



All measurements are defined in cm and correspond to the insole. DARCO shoe sizes represent a general reference only. The choice of shoe size is significantly influenced by the volume of the bandages and size of cast.



More information