

# X-tension

**X-tension** is first to market with the development of post fitting/fabrication dorsiflexion limiter for custom AFOs. It is designed to prevent drop off at terminal stance by resisting or stopping tibial progression over the foot.

X-tension bands generate plantar flexion assistance resulting in; increased third rocker power, contralateral step length, and single limb stance stability.

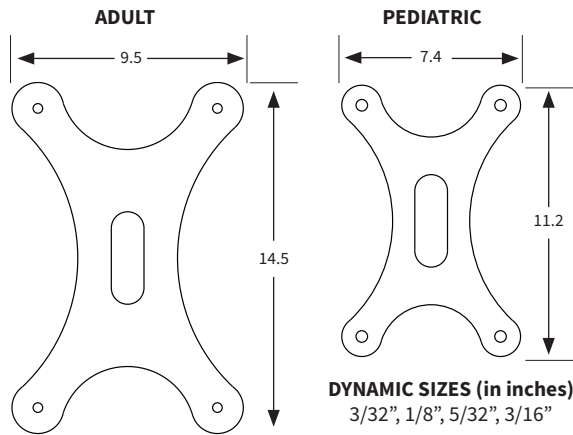
X-tension bands come in dynamic (flexible) and static (rigidly locks the AFO) options in both pediatric and adult sizes.

As part of LaunchPads TRIO innovations, X-tension works in combinations with SNAPstop and PIVOT ankle joints to achieve desired shank-to-floor alignments and tuning optimization.

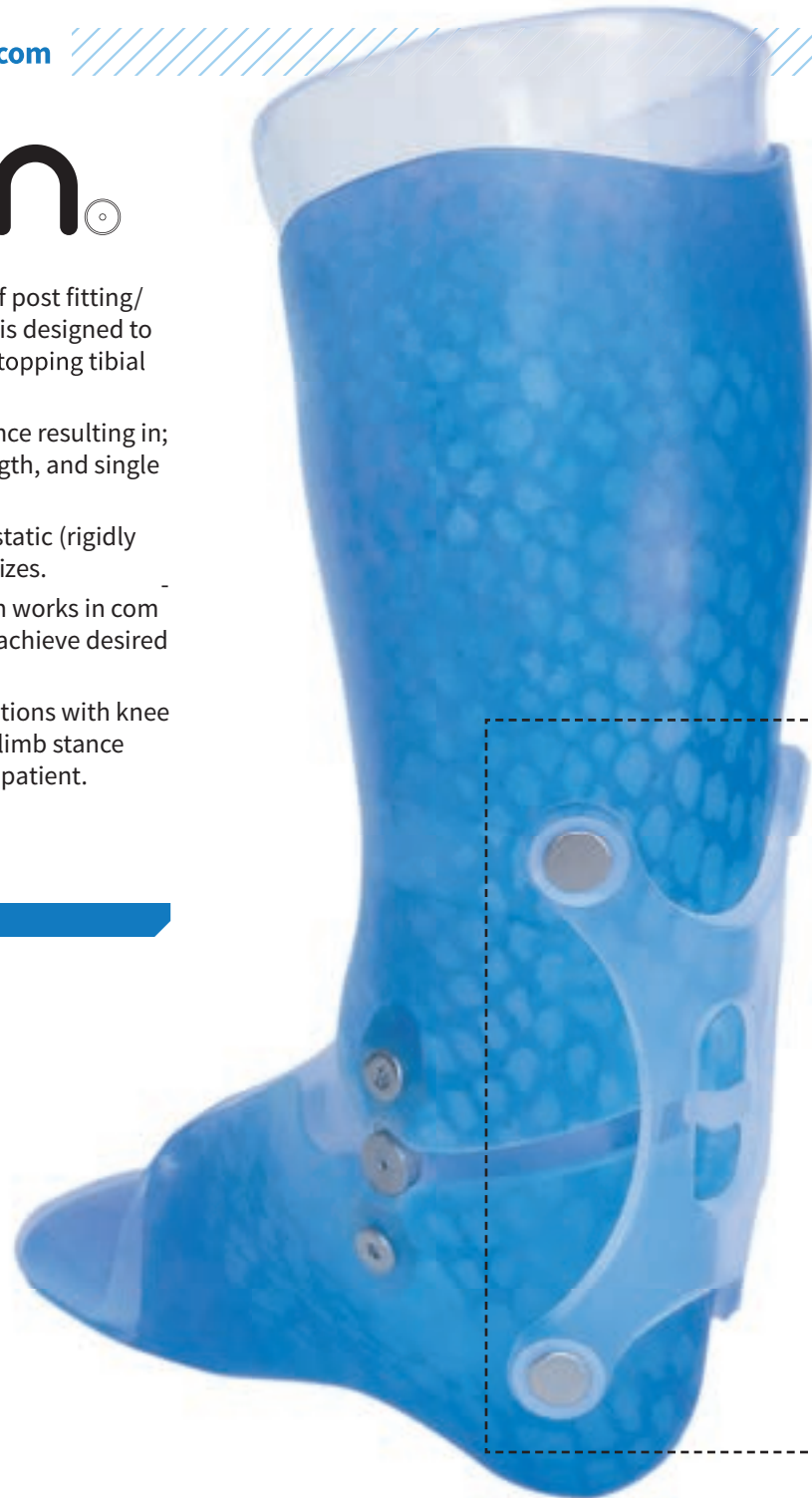
Consider treating those sagittal plane compensations with knee extension, and flexion deficits, by increasing single limb stance stability and overall ambulatory confidence in your patient.

**LCODE recommendation:** L2220 x 2  
 Dorsiflexion and Plantar flexion assist/resist

## SIZES (in centimeters)



**DYNAMIC SIZES (in inches)**  
 1/8", 5/32", 3/16", 1/4"



STATIC\*

DYNAMIC



\*-Static is available in one thickness



## HOW TO ORDER

### U.S. DISTRIBUTORS

**CASCADE**  
 Phone: 800-888-0865  
 Website: [cascade-usa.com](http://cascade-usa.com)

**PEL**  
 Phone: 800-321-1264  
 Website: [pelsupply.com](http://pelsupply.com)

**EMPIRE MEDICAL**  
 Phone: 541-245-6657  
 Website: [empire-medical.com](http://empire-medical.com)

**SPS**  
 Phone: 800-767-7776 x3  
 Website: [SPSCO.com](http://SPSCO.com)

### INTERNATIONAL DISTRIBUTORS

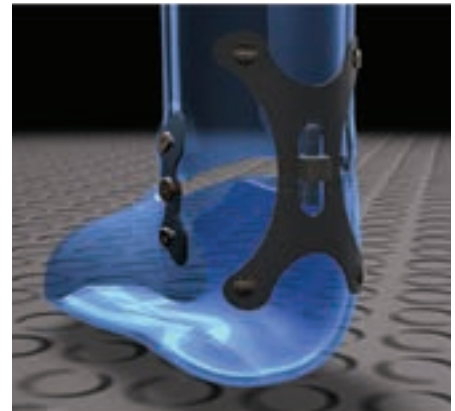
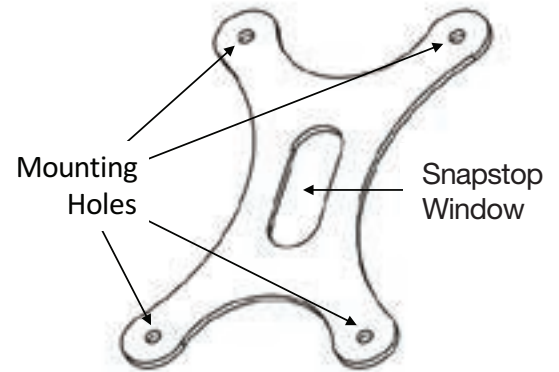
**EUROPE**  
**LaunchPad Europe**  
 Phone: + 32 2 582 82 50  
 Website: [LaunchPad-Europe.eu](http://LaunchPad-Europe.eu)

**CANADA**  
**OrtoPed**  
 Phone: 800-662-8817  
 Website: [ortoped.ca](http://ortoped.ca)

**AUSTRALIA**  
**Neuromuscular Orthotics**  
 Phone: 1300-411-666  
 Website: [neuromuscularorthotics.com.au](http://neuromuscularorthotics.com.au)

## X-tension, is designed to resist or stop dorsiflexion – Fabrication Instructions

- 1 If your orthosis requires a stop, sagittally align your AFO before installing X-tension. (Snapstop is the only plantar flexion stop that fits the X-tension geometry)
- 2 Position the X-tension band on the posterior aspect of the AFO with the Snapstop Window directly over the Snapstop. (If Snapstop is not used, position the bottom of the Snapstop Window level with the axis of the ankle joint)
- 3 Mark the location of the two lower mounting holes on the plastic with a marking pencil or with hot poker.
- 4 Drill a 1/8" hole at the marked points.
- 5 Secure the lower band with Speedy rivets (for Dynamic X-tension) or copper rivets (for Static X-tension)
- 6 Once the two bottom holes are secured, stretch the X-tension band over the AFO and mark the two upper mounting holes.
- 7 Drill a 1/8" hole at the marked points. To increase tension in the X-tension band, drill your holes slightly up and out from your marks.



Weight	Indications (alone and combination)	Plastic Thickness of the Brace				
		3/32"	1/8"	5/32"	3/16"	1/4"
<100 lbs. (Pediatric)	<ul style="list-style-type: none"> <li>• Short Step Length</li> <li>• Decreased 3rd Rocker Power</li> <li>• External Rotation</li> </ul>	<b>Peds 3/32</b> (XTN-PD0010-01)	<b>Peds 1/8</b> (XTN-PD0020-01)	<b>Peds 5/32</b> (XTN-PD0030-01)	<b>Peds 3/16</b> (XTN-PD0040-01)	<b>Peds 3/16</b> (XTN-PD0040-01)
	<ul style="list-style-type: none"> <li>• Hyper-flexion (&gt;5°)</li> <li>• Hyper-extension (&gt;5°)</li> </ul>	<b>Peds 1/8</b> (XTN-PD0020-01)	<b>Peds 5/32</b> (XTN-PD0030-01)	<b>Peds 3/16</b> (XTN-PD0040-01)	<b>Peds 3/16</b> (XTN-PD0040-01)	<b>Peds 3/16</b> (XTN-PD0040-01)
>100 lbs. (Adult)	<ul style="list-style-type: none"> <li>• Short Step Length</li> <li>• Decreased 3rd Rocker Power</li> <li>• External Rotation</li> </ul>	<b>Adult 1/8</b> (XTN-AD0020-01)	<b>Adult 1/8</b> (XTN-AD0020-01)	<b>Adult 5/32</b> (XTN-AD0030-01)	<b>Adult 3/16</b> (XTN-AD0040-01)	<b>Adult 1/4</b> (XTN-AD0050-01)
	<ul style="list-style-type: none"> <li>• Hyper-flexion (&gt;5°)</li> <li>• Hyper-extension (&gt;5°)</li> </ul>	<b>Adult 5/32</b> (XTN-AD0030-01)	<b>Adult 5/32</b> (XTN-AD0030-01)	<b>Adult 3/16</b> (XTN-AD0040-01)	<b>Adult 1/4</b> (XTN-AD0050-01)	<b>Adult 1/4</b> (XTN-AD0050-01)