



General Instructions for Treatment in co-operation with
Head of Orthopedic Clinic Dr. Hany Hefny M. CH, M.D
 Prof. of Orthopedics
 Ain Shams University

Week of treatment	1	2	3	4	5	6	7	8	9
<input type="checkbox"/> Ankle Fracture Weber A									
<input type="checkbox"/> Ankle Fracture Weber B									
<input type="checkbox"/> Ankle Fracture Weber C/ Maisonneuve									
<input type="checkbox"/> Lower 3 rd Tibia							Increasing weight bearing		
<input type="checkbox"/> Pilon-Tibial Fracture							Increasing weight bearing		
<input type="checkbox"/> Calcaneus operative/conservative							Increasing weight bearing		
<input type="checkbox"/> Lisfranc-/Chopart Luxation Fracture							Increasing weight bearing		
<input type="checkbox"/> Metatarsale basic fracture operative/conservative									
<input type="checkbox"/> Arthrodesis Lower Ankle Joint							Increasing weight bearing		
<input type="checkbox"/> Arthrodesis Upper Ankle Joint							Increasing weight bearing		
<input type="checkbox"/> Upper Ankle Total Endoprosthesis									
<input type="checkbox"/> Bone-Cartilage Transplantation OCT/ACT							Increasing weight bearing		
<input type="checkbox"/> Bostrom procedure									
<input type="checkbox"/> Achilles tendon percutaneous open suture									
<input type="checkbox"/> Achilles tendon functional treatment									
<input type="checkbox"/> Achilles tendon reconstruction									

Please mark here →

Phase 1 Solecontact
Phase 2 Partial weight bearing
Phase 3 Full weight bearing

Immobilization
 with 0°, 15° or 30° Adapter
 (dorsal and vental)

Release movement
 Upper Ankle Joint
 with 10°-0°-10° Adapter dorsal

Physiotherapy
VACOankle

Achill-sole



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Indications for VACOpedes[®] by OPED

<input type="checkbox"/>	Metatarsal Fracture			VACOpedes					
<input type="checkbox"/>	Corrective osteotomy forefoot			VACOpedes			Depends on the operation and swelling		
<input type="checkbox"/>	Metatarsale Arthrodesis (Lapidus)		VACOpedes						Increasing weight bearing

Indications for VACOankle[®] by OPED

<input type="checkbox"/>	Weber A							
<input type="checkbox"/>	Upper ankle joint ligament injury							Increasing weight bearing
<input type="checkbox"/>	Fibular ligament reconstruction					Ankle brace VACOankle and Physiotherapie		

Please mark here

Phase 1 Solecontact

Phase 2 Partial weight bearing

Phase 3 Full weight bearing



Immobilization
with 0°, 15° or 30° Adapter (dorsal and vental)



Physiotherapy



Achill-sole



Release movement
Upper Ankle Joint with 10°-0°-10° Adapter dorsal



VACOankle