



# ORTHOPAEDICS™

*More Comfort, More Smiles, More Happy Days*



**Mitchell Ponseti**

2021-2022 Product Catalog

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We pioneered  
a clubfoot brace that became  
**THE ACCEPTED  
STANDARD-OF-CARE.**

Through ongoing innovation,  
we continue to perfect it.

For over 16 years, we have been  
**PARTNERING WITH  
PHYSICIANS AND PARENTS**

to create cutting-edge devices that make the  
clubfoot journey easier for everyone.

Our commitment to  
**COMFORT, CONFIDENCE  
AND PARENTAL PEACE OF MIND**  
guides clubfoot children and families along the  
path to life-changing results.

*As the designer and manufacturer of products, MD Orthopaedics does not provide medical treatment, advice, or information. Information about the risks and benefits of medical treatment, including treatment that involves the use of MD Orthopaedics' products and available alternatives is provided solely by physicians or other health care providers.*

*If you have questions about your child's treatment, it is important to discuss those questions with the appropriate health care provider.*

*MD Orthopaedics does not, and cannot, warrant certain results from the use of its products.*

**MD ORTHOPAEDICS**  
MITCHELL PONSETI® AFO



*More Comfort*

## About Us

Guiding journeys, transforming lives and shaping the future with comfort and compassion — when MD Orthopaedics began our work to improve non-surgical clubfoot treatment in 2004, these goals are what drove us forward.

We knew better was possible, and that families deserved nothing less. Through collaborative work with industry pioneer, Dr. Ponseti, better was born.

17 years later, our commitment to quality products and education has not wavered. We continue to lead the way toward life-changing results for children and the families who walk with them.



## Customer Care is Our Business

At MD Orthopaedics, we offer a family-centered approach to customer service. Our staff has worked with more than a half million mothers and fathers to achieve successful treatment for their children.

We are ready to assist in every step of the healing journey. Our customer support team is your partner during your family's clubfoot journey.

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877-766-7384





Bryce Alan Flurie/ CURE International

## What is Clubfoot?

**A:** Clubfoot (also called *talipes equinovarus*) is a general term used to describe a range of unusual positions of the foot. Each of the following characteristics may be present, and each may vary from mild to severe:

- The foot (especially the heel) is usually smaller than normal.
- The foot may point downward.
- The front of the foot may be rotated toward the other foot.
- The foot may turn in (known as inversion), and in extreme cases the bottom of the foot can point up.

Most types of clubfoot are present at birth (congenital clubfoot). Clubfoot can occur in one foot or both feet. In almost half of affected infants, both feet are involved. Although clubfoot is painless in babies, treatment should begin immediately, as delaying therapy can cause significant problems as the child grows. With early treatment, most children born with clubfoot are able to lead normal lives.



Bryce Alan Flurie/ CURE International

## What is the Ponseti Method?



**A:** The Ponseti Method is a nonsurgical treatment process that was developed by Dr. Ignacio Ponseti. The method utilizes a series of casts that gradually move the foot to the correct position. Each week the cast is removed and replaced with a new cast.

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## Pioneering with Dr. Ignacio Ponseti

Dr. Ignacio Ponseti, an orthopedist from Spain, created the nonsurgical method of correcting clubfoot. His years of experience convinced him that surgical methods of repairing clubfoot actually harmed children.

Over the years, as he worked at the University of Iowa, his research showed promise. What is now known as the Ponseti Method is applied in several phases of treatment (see “Clubfoot Journey” on page 7). This procedure is now considered the touchstone method for treating clubfoot patients around the world.

Today the Ponseti Method is successful in 95% of clubfoot cases worldwide, and since the turn of the century, surgery for clubfoot has declined by as much as 90%.

John Mitchell, inventor and president of MD Orthopaedics, began work at Ponseti’s urgent request for a “boot and bar” orthosis to marry with Ponseti’s famed non-surgical procedure called the Ponseti Method.

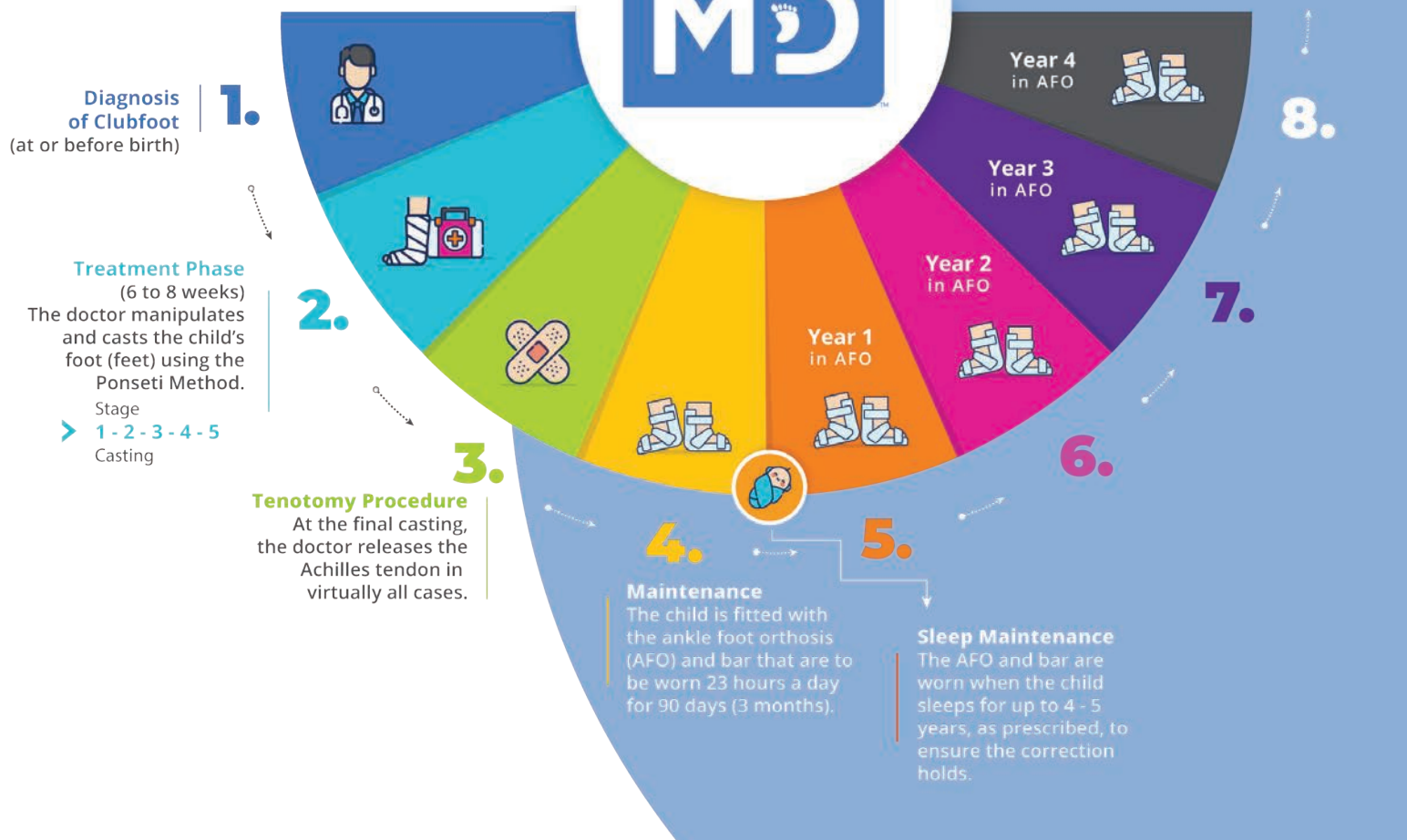


*Dr. Ponseti and John Mitchell with the Mitchell Ponseti® AFO*

“The shoes available were very inadequate, they were made with stiff soles poorly molded to the foot. And after the treatment you need to have comfortable shoes for the babies to sleep at night and to use in the middle of the day during napping hours. And I was really, again, very desperate trying to find a shoe that would fit the babies with comfort. And here, I talked to John... Of course he was acquainted with plastics and modern technologies that I had no idea of. And he on his own developed this excellent shoe that I needed particularly for difficult feet that we call complex feet and it has been a Godsend really because it has solved the problem of after-treatment of the deformity.”

**–I.V. Ponseti, MD**

# Clubfoot Journey™



The "Clubfoot Journey™" is a highly developed, multi-year process that brings patients to a successful correction of their clubfoot condition.

*This info graphic provides that such medical information is merely information — not advice. If users need medical advice, they should consult a doctor or other appropriate medical professional. No warranties are given in relationship to the medical information supplied and no liability will be accrued to MD Orthopaedics in the event the user suffers loss as a result of reliance upon the information.*

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STANDARD AFO

PLANTAR FLEXION STOP



TOE STILT

Mitchell Ponseti®

# 4 AFO SOLUTIONS



PLANTAR FLEXION STOP / TOE STILT



*More Smiles*

### THE FUTURE OF CLUBFOOT TREATMENT

\*The coding opinion expressed is based upon information submitted for review and the clinical experience of the members of AOPA's Coding Committee. Neither AOPA nor its Coding Committee recommend or endorse products / devices of any manufacturer. Regardless of the source of coding information, the final responsibility for correct coding within all established laws, rules, standards, and practices is the sole responsibility of the facility submitting the claim. AOPA and its Coding Committee accept no responsibility for, and will not be liable for, any actions relating to this coding information.

SOLUTIONS  
MITCHELL PONSETI® AFO



# AFO

**A:** Ankle  
**F:** Foot  
**O:** Orthosis

## MITCHELL PONSETI® STANDARD AFO



Standard ankle foot orthosis for use with the Ponseti Method of clubfoot correction. Our patented system features a soft lining for comfort and compliance, and soft synthetic leather straps. The location of the heel can easily be seen through two holes in the back of the AFO and the footwear attaches to the Ponseti® Abduction Bar (sold separately), in accordance with the standard Ponseti bracing protocol.

*Available in sizes preemie through 12.*

**Please call for pricing**

*\*Recommended code - L1930*

### Mitchell Ponseti® Standard AFO

- patented, high-quality footwear system based on the Ponseti® Method
- soft synthetic leather straps and body
- increased heel visibility
- easy locking and releasing of footwear, which attaches to the Ponseti® Abduction Bar

Patented  
comfort lining

Durable, no-  
rip straps and  
secure, riveted  
buckles



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**Mitchell Ponseti**

## MITCHELL PONSETI® AFO PLANTAR FLEXION STOP

# PFS

**P:** Plantar  
**F:** Flexion  
**S:** Stop

The articulated Plantar Flexion Stop limits plantar flexion with rigid dorsiflexion to maintain the prescribed position of the foot. Recommended for the complex clubfoot. This device is also good for children with hyperflexible feet as it ensures the foot is always held in a neutral or dorsiflexed position.

*Available in sizes 00 through 12.*

**Please call for pricing**

*\*Recommended code - L1971*



### Mitchell Ponseti® AFO PFS

- developed for children with hyperflexible feet
- includes all the basic features of the Standard Mitchell Ponseti® AFO

**Special features include:**

- plantar flexion stop for limiting motion
- rigid dorsiflexion to hold foot in prescribed position

Plantar Flexion Stop



*Attached to back of AFO*

SOLUTIONS  
MITCHELL PONSETI® AFO

# TS

T: Toe  
S: Stilt

## MITCHELL PONSETI® AFO TOE STILT



The Toe Stilt AFO was specifically designed by recommendation of Dr. Ponseti to maintain clinically desirable dorsiflexion by stretching the Achilles tendon and helping to keep the foot flexible. This is achieved by the placement of a built in wedge attached to the front of the AFO which keeps both feet in a dorsiflexed position of 10 degrees when standing. The patient must be able to stand independently for the Toe Stilt AFO to have any effect when used without the Ponseti® Abduction bar.

*Available in sizes 2 through 11.*

**Please call for pricing**

*\*Recommended codes - L1930 , L3380*

### Mitchell Ponseti® AFO TS

- includes all the basic features of the Standard Mitchell Ponseti® AFO

**Special features include:**

- designed to promote dorsiflexion
- permanent 10-degree wedge attached to front of AFO



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**Mitchell Ponseti**

## MITCHELL PONSETI® AFO PLANTAR FLEXION STOP/TOE STILT

The Plantar Flexion Stop/Toe Stilt is a dual purpose AFO that supports the Ponseti Method of treating clubfoot. The AFO is worn attached to the Ponseti® Abduction Bar in accordance with the standard Ponseti bracing protocol. The Plantar Flexion Stop (PFS) is designed to structurally limit any plantar flexion and works particularly well in clubfoot cases with hypermobile or corrected atypical/complex deformity. The PFS is mounted on the standard shoe during the assembly process but is designed to be custom fit as necessary by orthotists to meet the dynamic needs of each clubfoot child. The Toe Stilt encourages lower calf, Achilles tendon and plantar fascia stretch in the toddler who can stand independently without the Ponseti® Abduction Bar. The Toe Stilt holds both feet at 10 degrees dorsiflexion when standing.

### Please call for pricing

*\*Recommended codes - L1971, L3380*



Plantar  
Flexion Stop

Toe Stilt



### AFO STOCK COLORS

All sizes and styles of the Mitchell Ponseti® AFOs are available in gray.

Standard style AFOs, sizes 0000 through 6, are also available in pink and blue.

### CUSTOM COLOR SWATCH SET

Custom Color Swatch Set includes eleven 2" oval samples to conveniently illustrate actual color.

### Please call for pricing



SOLUTIONS  
MITCHELL PONSETI® AFO



### CUSTOM COLORS AVAILABLE!

Custom colors are now available in Standard AFO and AFO PFS style pairs and singles. Standard styles are available sizes 0000 through 12, AFO PFS styles are available sizes 00 through 12.

<p>Blueberry</p> 	<p>Brown Bear</p> 	<p>Dolphin Gray</p> 	<p>Sunflower Yellow</p> 
<p>Grasshopper Green</p> 	<p>Panda Black</p> 	<p>Peacock Blue</p> 	<p>Tangerine</p> 
<p>Periwinkle Purple</p> 	<p>Raspberry</p> 	<p>Rooster Red</p> 	<p><i>* Note: Custom colors are available for an additional charge and a two week lead time, and are non-returnable.</i></p>

## PONSETI® ABDUCTION BAR

Abduction bar for managing the prescribed width and orientation of the corrected clubfoot. This adjustable bar easily clips on and off the AFO footwear by means of our patented Quick Clip System. This system provides greater ease of use by increasing ease of clothing changes, placing the child in a high chair or shopping cart and allows the AFO to be applied without the bar obstructing access to the foot.

**Please call for pricing**

*\*Recommended code - L3150 & L2768*



PONSETI® BAR  
HARDWARE KIT

**Please call for pricing**

PRODUCTS  
PONSETI® BAR AND ACCESORIES



### PONSETI® BAR COVER

This soft bar cover provides protection and comfort for your child, and is available in size small (5") and large (8"), in pink, light blue, or dark blue.

**Please call for pricing**



### PRESSURE SADDLES

This soft, comfortable pressure saddle attaches to the middle strap of the Mitchell Ponseti® AFO to provide additional relief of pressure areas. Available in size small and large. Size small recommended for use with AFO Size 0000-1; Size large recommended for use with size 2-12. Sold individually

**Please call for pricing**

*\*Recommended code - L3649*

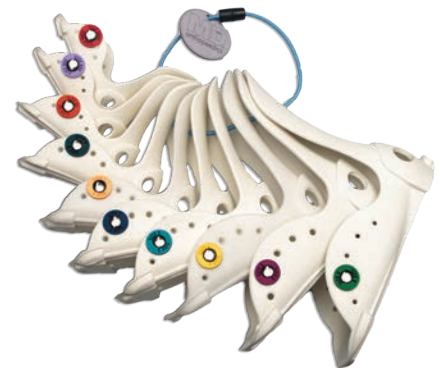


### SIZING LINER SET

Order patient's correct size using the convenient Sizing Liner Set, instead of taking measurements.\* Place patient's foot in liners to choose AFO size needed. Liners for size 0000 through 6 included. Additional circumferences may be required for extra wide or extra narrow feet and legs.

**FREE OF CHARGE** Sizing Liner Set for clinic/office use only.

*\*If you prefer to take measurements, reference the diagram on page 22.*



## PONSETI® CLUBFOOT MODEL

Medical teaching model to demonstrate proper correction of clubfoot deformity. Errors in the manipulation of the congenital clubfoot can easily be demonstrated with this model.

*Please call for pricing.*



## CAST APPLICATION RUBBER LEGS & STANDS

These anatomic models are soft and pliable, with finger placement etchings to demonstrate the proper positioning for manipulation.

These legs also serve as the teaching models for the proper application of plaster casts at each stage to maintain the correction obtained by manipulation.

Available in left and right

*Please call for pricing.*



Stage 1



Stage 2

## TENOTOMY MODEL

Provides a visual of the anatomic relationship of the Achilles tendon. This model is also a useful visual aid when discussing the procedure and expected results with the parent.

*Please call for pricing.*



## FIVE STAGE CAST MODEL

The Cast Model allows visualization of the completed cast at each of the five different stages of the Ponseti Method, with emphasis on bony landmarks and the toe platform.

*Please call for pricing.*



PRODUCTS  
TRAINING



## TENOTOMY PRACTICE MODEL

The Ponseti Method of clubfoot correction includes surgical transection of the Achilles tendon to correct for the equines deformity. The MD Orthopaedics "Tenotomy Practice Model" is designed for physicians and providers, trained in the Ponseti Method, to practice the necessary steps involved with the tenotomy procedure. The model is designed to accurately identify anatomic landmarks

both positionally and palpably. The base foot

mold is representative of a six month old baby's foot. The model can be practiced both in the posterior upright or lateral position based on surgical preference. The synthetic skin and tendon material are designed to give appropriate feel and palpable feedback of the completed transection.



The kit includes:

- 1 base foot mold
- 50 synthetic tendons
- 10 rubber bands (neurovascular bundle)
- 2 synthetic skin overlays

**Refill Kit Also Available** Please call for pricing.

## \*NEW\* VERTICAL TALUS MODEL

Understanding of the anatomical relationships of the vertical talus deformity, from either congenital or iatrogenic etiology, is critical in assessing treatment options whether conservative or surgical. The Vertical Talus Model was designed to give the proper anatomic orientation and relational disposition of the typically rigid, irreducible talonavicular dislocation that defines the deformity. The model is representative of a child six months of age. The model includes a gray colored talus bone for instructional orientation and the "NO" directive, by Dr. Ponseti himself, over the calcaneo-cuboid joint.

*Please call for pricing.*



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**Mitchell Ponseti**

## MITCHELL PONSETI® TRAINING KIT

For new practitioners of the Ponseti Method, it can be difficult to visualize the internal aspect of the clubfoot deformity, palpate anatomic correction endpoints or know just where to place the hands for effective manipulation.

The Mitchell Ponseti® Training Kit provides the visual and tactile training tools needed to give practitioners the confidence to treat typical and atypical clubfoot on even the smallest patient.

The rubber models are made from synthetic materials that replicate the look and feel of an infant clubfoot – and are easy to clean. The Talus bone model includes a gray colored talus bone for instructional orientation and Dr. Ponseti’s “NO” directive over the calcaneo-cuboid joint.

All models are representative of a child six months of age unless otherwise specified.

*Please call for pricing.*

### The Training Kit contains:

- Rubber Legs (Right Stage 1 - Right Stage 2 - Right Stage 3 - Right Atypical)  
(Legs 1 and 2 with Finger Placement Etchings)
- Bone Models  
(Right Clubfoot, Adult and Left Talus, Child)
- Tenotomy Model
- The complete Tenotomy Practice Model Kit
- Cast Models (Stages 1, 3 and 5)  
(1 and 5 with Finger Placement Etchings)
- Size 0000 AFO and Extra Short Bar
- A 23 x 18 x 11 inch wheeled suitcase with custom-cut foam inserts to protect the models



PRODUCTS  
TRAINING

## MAKING AN IMPACT ON GLOBAL PONSETI METHOD TRAINING

MD Orthopaedics is dedicated to training the next generation of clinicians on the ground-breaking Ponseti Method, and we provide a variety of anatomical training models to better equip physicians, orthotists, prosthetists, and other Ponseti Method practitioners around the globe.

These tools allow practitioners the hands-on training they need to perform the manipulations, casting and tenotomy procedures that the Ponseti Method recommends.

### MDO Training Models in use:

1. Ponseti® Clubfoot Model
2. Cast Application Rubber Legs
3. Tenotomy Model
4. Five Stage Cast Set
5. Tenotomy Practice Model
6. Vertical Talus Model



### A few of the organizations the MD Orthopaedics training aids have served:

- Ponseti International
- Global Clubfoot Initiative
- Shriners Hospital Canada
- Children's Hospital of Michigan, Philadelphia, and Wisconsin
- Cure International
- Mercy Ships
- Miracle Feet
- University of Florida
- University of Michigan
- University of Oklahoma
- University of Texas
- The Nemour Foundation

### What Doctors are saying...



*"The {MD Orthopaedics} training models have been revolutionary, I carry them around in my bags now all over the world when I go training..."*

- **Dr. Norgove J. Penny, MD** Orthopedic Surgeon, the Pediatric Orthopedic Society for Africa



*"The models are a great teaching tool, without them you just can't teach..."*

- **Dr. John E. Herzenberg, MD** Director of Pediatric Orthopedics at Sinai Hospital, Baltimore, MD



*"Absolutely fundamental to my training... This is a superb model to demonstrate the Ponseti method technique."*

- **Dr. Stephen Mannion, MD** Consultant Orthopedic Surgeon, CBM, NHS

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## CLUBFOOT CHRONICLES

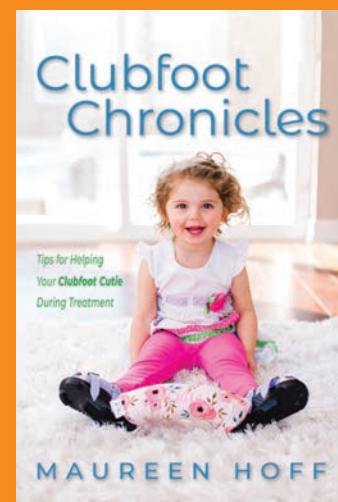
by Maureen Hoff

Clubfoot Chronicles is a landmark reference guide written to help parents grappling with the realities of the clubfoot diagnosis and treatment journey. Offering specific advice based in real-world experiences, Clubfoot Chronicles was written to guide parents to the answers they seek while giving the reassurance they need to succeed. Written by an experienced parent, the book is easy to read, informative, and full of helpful tips and heartfelt insights that any clubfoot parent can relate to.

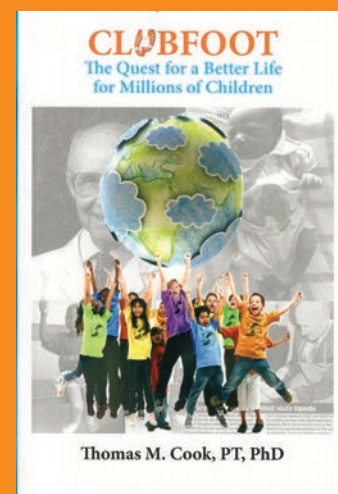
## CLUBFOOT: THE QUEST FOR A BETTER LIFE FOR MILLIONS OF CHILDREN

by Dr. Thomas Cook

Clubfoot: The Quest for a Better Life for Millions of Children tells the little-known story of the world's most common skeletal birth defect and development of a revolutionary method for eliminating lifelong disability for the 200,000 children born every year with this deformity. The hero of this story is Dr. Ignacio Ponseti (1914-2009) who, as a young physician, became enmeshed in the Spanish Civil War before being forced into exile in France and then Mexico. He eventually found a home in the heartland of America where, despite opposition from the medical establishment, he began a life-long quest to reshape children's futures from lives of pain and disability to lives of hope and promise. Because of Dr. Ponseti's quest, and the many healthcare professionals, parents, and other advocates who have taken it up, a normal, disability-free life is now possible for hundreds of thousands, if not millions, of children. This book answers three questions. Who was Ignacio Ponseti? What is the treatment he developed? How successful is his quest?



Price \$14.95



Price \$17.99



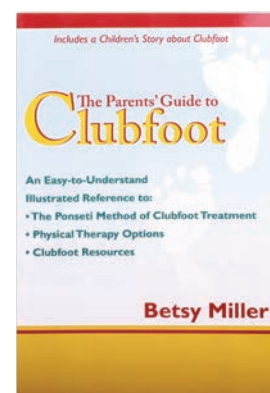
*More Happy Days!*

PRODUCTS  
BOOKS

## THE PARENT'S GUIDE TO CLUBFOOT

by Betsy Miller

Written in everyday language, the book covers clubfoot in babies and older children from diagnosis through treatment for mild to severe cases. It provides details on clubfoot, its causes, treatment and care, along with an extensive list of resources and clubfoot assessment aids. In keeping with currently preferred treatments in the U.S., it emphasizes the Ponseti Method, which minimizes surgery, and includes perspectives from Ponseti-trained clubfoot doctors and parents of children with clubfoot. However, separate chapters discuss all pre-treatment and post-treatment care options and one chapter covers surgery and post-surgery care if it becomes necessary.



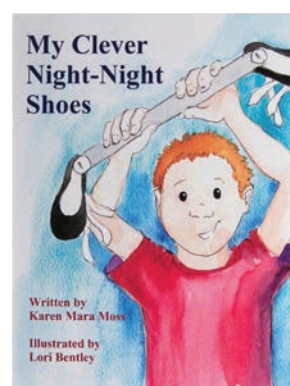
**Price \$17.95**

## MY CLEVER NIGHT-NIGHT SHOES

by Karen Moss, Illustrated by Lori Bentley

*My Clever Night-Night Shoes* is the perfect bedtime story for children who sleep with boots and bar, encouraging Ponseti kids to wear their specially designed 'night-night' shoes because it is a crucial part of their treatment and the results are well worth it.

Written by a mom with first-hand experience of a strong-willed child who sometimes had to be convinced to wear his brace, this light-hearted, inspiring and comforting story describes the exciting jobs that different shoes have, and that wearing the brace enables them to do anything they want to do.

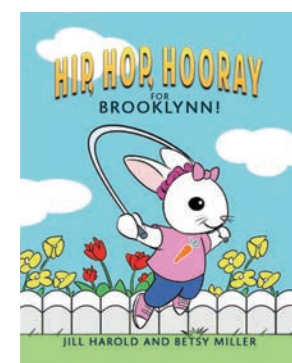


**Price \$5.00**

## HIP, HOP, HOORAY FOR BROOKLYNN!

by Jill Harold and Betsy Miller

This upbeat story is about Brooklynn, a little bunny who loves to hop. Brooklynn wears a brace at night, but she is determined to learn how to hop rope in time for the Hoppity Hop Games. Armed with hop rope rhymes and a can-do attitude, Brooklynn shows that persistence pays off and can be a lot of fun.



**Paperback - \$8.95**  
**Hardcover - \$17.95**

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Mitchell Ponseti



## PLACING YOUR ORDER

### You can order in the following ways:

- **Easy Order:** We encourage all orders to be placed online at [www.mdorthopaedics.com](http://www.mdorthopaedics.com), as online orders are given priority. Orders placed by phone, fax, or email may result in a longer lead time for processing. If you have not received login information or require an alternate ordering method, please contact us at 877-766-7384.
- **Fax:** The completed order form, available at [www.mdorthopaedics.com/ordering-information](http://www.mdorthopaedics.com/ordering-information), may be faxed to 319-359-7384.

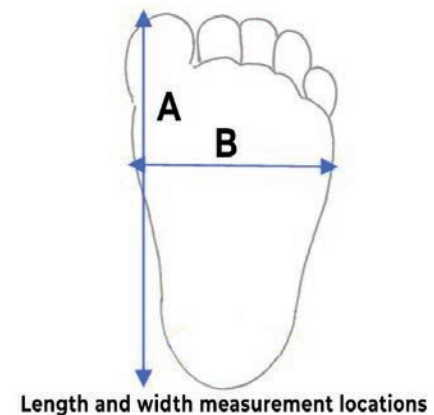
- **Email:** The completed order form may be emailed to [orders@mdorthopaedics.com](mailto:orders@mdorthopaedics.com)

## ADDITIONAL INFORMATION

- In stock items will ship in 1-2 business days, Mon-Thurs.
- Our Size Chart is available online; on the FAQ/Documents-Forms page.
- Our Sizing Liner Set (for clinic/office use only) can be ordered online; or call our office.
- Ground Shipping: \$12.00 — 2nd Day Air: \$30.00 — Next Day Air: \$50.00.
- International Shipping: Call for a quote.

## MEASUREMENTS FOR SIZING MITCHELL PONSETI® AFOS

	Left (cm)	Right (cm)
A		
B		



MD ORTHOPAEDICS  
GENERAL INFORMATION

## FREQUENTLY ASKED QUESTIONS

### **Do the buckles go to the inside of the foot or to the outside of the foot?**

*The AFO was designed with the buckles set to the inside of the foot. This design feature is to aid parents in the donning and doffing of the AFOs. Ponseti experts do allow buckles to the outside of the foot based on professional preference or customer convenience. It will not alter the performance or risk of injury by orienting the buckles outward.*

### **I just received my order, and the AFOs seem too big/too small. Is there a different size that would work better?**

*Contact your point of purchase.*

### **The child's heel is not down in the AFO. Is something wrong?**

*If the heel is not visible in the heel opening, check with your physician to ensure the clubfoot is fully corrected. If the physician indicates that the correction is good, it may not be necessary to force the heel down into the AFO, as this can lead to skin irritation, bracing discomfort, and reduced bracing compliance.*

### **How long will each pair of AFOs last?**

*On average, an AFO will last 4-9 months. Some children grow rapidly and will need new AFO's within three months. As the child's growth rate slows, more time can be expected from each AFO.*

### **How long will the bar last?**

*The bars are adjustable and should last approximately 2-3 pair of AFOs. The bar width should be periodically checked and adjusted to match the child's shoulder width or as recommended by your physician or orthotist.*



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**MD ORTHOPAEDICS**

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E-mail: [info@mdorthopaedics.com](mailto:info@mdorthopaedics.com)



"Give a girl ***the right pair of shoes***  
and she can **conquer the world**"



Set your patients on the road to world domination with the

**MITCHELL PONSETI® AFO.**

*Only from MD Orthopaedics.*

**MP**  
Mitchell Ponseti.

Document # MD 700 Revision 1

*Proud manufacturer of Mitchell Ponseti® products*

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