

**Question 2:** What amount of support does the foot and ankle complex need in the *sagittal* plane to obtain 5-15 degree shank angle in midstance? *How much assistance do you need to provide to the shank (tibia segment) to control flexion and extension forces during standing and walking?*

None/minimal assistance

None  
Shoe insert  
SMO  
SMO with proximal strap

Moderate assistance  
**WITHOUT** (or minimal) pronation or supination

**Group 6: Sagittal Plan Only**  
-Flexible upright with no/minimal/non-specific mid/hindfoot control.

Anterior strut: better for knee buckling  
Posterior strut: better for knee hyperextension

Lack of heelstrike  
Toe Drop

Knee extension during LR

Knee collapse/buckling

Excessive flexion during LR



Anterior Shell

Posterior Shell

Moderate assistance  
**WITH** significant pronation or supination

**Group 4: Energy Storage AFO**  
-with dorsal wrap-around support

Excessively inclined shank (crouch)

Knee collapse/buckling

Excessively reclined shank (knee hyperextension)



Maximal assistance

**Group 5: Solid (Rigid) AFO with wrap-around**  
**Group 5D: Solid Rigid) AFO with wrap-around and dynamic element**  
-work well when posting is required for shank kinematics  
-removes a degree of freedom  
-focus of motor learning is at knee and hip

Dependent standing

Non-weightbearing positioning

