

# 13:23

## Monday 4th March

was the day in which **Stephen's** expectations were far exceeded. Fitting Luke with Sidekicks by College Park Industries for the first time, Stephen was amazed at the immediate impact they had, not only on Luke's gait and stability but on his confidence and mobility.



# Case Study

## Stephen Cox



“All the bilateral transfemoral users on Sidekicks that I see recommend them to their friends, and that is good enough for me to recommend them to others in their situation.”

### The story

Originally an event landscaper, Stephen, wanting a new direction in his life, applied to retrain at Salford University. Although Orthotics started his interest in the profession, throughout the course, it became apparent that Prosthetics was the right path for him. Practicing for three years, Stephen knows he made the right decision, the problem solving and inter-disciplinary work are two of the areas that he enjoys the most. For Stephen, Prosthetics is all about finding the right solution for the individual user; be that through socket style, components, education or even finding the correct person to refer onto. It is often the combination of one or more of these things that works and makes the difference to the life of that individual.

### The solution

Stephen first saw Sidekicks at a Prosthetic presentation by Steeper Product Manager, Greg Brown. He immediately saw their potential; for such a simple idea they just made sense. For bilateral transfemoral users, the majority of options are knee and foot combinations whilst there are some innovative products on the market, Sidekicks are standalone in what they do. Most suited to bilateral amputees, Sidekicks lower the centre of gravity and conform to uneven ground making them

more stable. They also enable the patient to obtain a more natural gait pattern rather than hitching due to the soft ankle movement meaning they save a great deal of energy.

The majority of ambulant bilateral transfemoral users that Stephen sees now have Sidekicks, they have given them stability and comfort, whilst improving their mobility.

### The turning point

When Stephen first tried Luke with Sidekicks, his initial thoughts were proved correct but his expectations were far exceeded. The impact was immediate; Luke's gait narrowed, he no longer had a circumducted gait pattern and the shock absorption at heel strike reduced the impact through the skeletal system. The Sidekicks really came into their own when Luke walked outside. Slopes and ramps were navigated with ease and comfort, even standing diagonally across a ramp Luke was comfortable and stable. The value of Sidekicks is clear for Stephen to see on a biomechanical basis, but the most important thing was Luke's reaction to the product and he was a very happy man.

**To find out more about Stephen visit [www.steepergroup.com](http://www.steepergroup.com)**