



Turning Points

- Steeper Group acquires the Espire Elbow from College Park Industries •
- Read Rob's story on returning to the bike track with the help of the team at the Harold Wood Centre •

CEO message

Paul Steeper

Over the last few months, the teams at Steeper Group have been very busy. We have the very exciting news of the Espire Elbow range being acquired by Steeper Group - a landmark deal for the company and something which we shared with our virtual audience at the AOPA (American Orthotic and Prosthetic Association) National Conference.

In other areas of the business, we have secured two new orthotic contracts and launched a range of partnered products including the Kinnex 2.0 by Freedom Innovations. In this issue, we also share with you the story of Rob who, with the help of his prosthetic team at Harold Wood was able to achieve his track biking dream.

We hope you enjoy this issue, and please do share any feedback to marketingteam@steepergroup.com.

Best wishes and stay safe,



SteeperUSA exhibit virtually at AOPA

September 9-12th saw us exhibit at our first-ever virtual event! A learning curve for us all, we were proud of how our stand looked and also of the response from delegates and fellow exhibitors. Over the coming months, we have more virtual exhibitions and after the success at AOPA, we are looking forward to sharing all the latest information from across the business.

At AOPA our focus was on the acquisition of the Espire Elbow by Steeper Group, we shared with our delegates essential information on the transition and the processes that will be in place in 2021 when Steeper Group and SteeperUSA become the sole suppliers of the Espire Elbow range.

“AOPA was a great success, as our first virtual event we were initially a little unsure about the attendance and how we were going to successfully engage with our customers through video chat, but with a lot of hard work and careful planning, we successfully managed to achieve our exhibition objectives. Already we have several virtual events scheduled in for the coming months and we are looking forward to sharing further details on the Espire transition and the latest product updates.” Bridget Salinas, National Sales Director

In this issue...

- SteeperUSA Exhibit Virtually at AOPA 2
- Michael Lewis' Challenge 3
- New Orthotic Contracts 3
- Steeper Group Acquires the Espire Elbow 4
- Clinical Benefits of a Hydraulic Foot/Ankle System 5
- Calzamedi Charity Donation 5
- New Online Resources and Webinars 6
- Kinnex 2.0 Now Available 6
- Rob Hollyman's Case Study 7

We would love to hear from you!
Please send your feedback to:
marketingteam@steepergroup.com

Michael Lewis steps up for knockout challenge



Following a devastating injury to his right leg in 2008 in Afghanistan, and subsequently being medically discharged from the army; The London Prosthetic Centre ambassador Michael Lewis has wowed us with his stories of the challenges he has taken on;

including working as a mechanic at the British Touring Cars Championship and high-performance sporting endeavours in motocross and skiing. Since qualifying as a personal trainer in 2012, Michael inspires clients from all walks of life including former forces personnel such as himself and other amputees. Michael recently visited LPC seeking a more adaptable and responsive foot solution for his next challenge; a charity boxing match to support NHS charities between himself and an ex-Royal Marine opponent.

Due to the nature of the activities Michael takes part in, activity-specific prostheses are required to suit the needs of his chosen activity. After discussing his requirements for the boxing match in detail, Abdo - LPC's Consultant Prosthetist - recommended Michael trial the AllPro foot by Fillauer. This foot is designed as an all-round sports foot offering excellent energy storage and return, with a resilient and high-performance footshell.

Following the trial, Michael commented: *“The footshell gave me better balance than my other prosthesis when boxing: and my footwork was much better. This foot has great spring to allow me to throw powerful punches and is also fantastic for skipping.”* After training hard throughout the Coronavirus lockdown; Michael commented he is *“really looking forward to when this match goes ahead, it will really put me to the test!”*

For more information on the London Prosthetic Centre, visit www.thelondonprosthetics.com.

New orthotics contracts secured

Two New Orthotic Contracts in Dudley and Dorset

These contract wins are a testament to the excellent service and products provided by Steeper. *“Dorset is not only a great win but is our second ‘product only contract’ to an in-house NHS orthotic service. This win reflects massively on the efforts of all our production team members, with in-house NHS services increasingly recognising the excellent quality and effectiveness of Steeper’s products and Customer Service.”* Jonathan Murfin, Director of Orthotic and Prosthetic Business Development

The implementation of both contracts began in July - for Dudley it includes the delivery of orthotic services alongside the provision of orthotics devices, and for Dorset will include the provision of orthotic devices from our specialisms in footwear, plastics and metalwork. We are looking forward to servicing the needs of orthotists and patients within these areas and as patient confidence returns, we hope to see an even greater uplift in demand for products and services.



Five Year Contract Extension Secured at Portsmouth

We are very pleased to confirm we have secured a five-year extension at Portsmouth Hospital for our Prosthetic and Orthotic services. The process has been lengthy and special thanks go to everyone that has worked hard to secure this contract extension.

“Over the past 5 years, Steeper management have worked extremely hard to build upon the relationship with Trust management and Procurement. Underpinning all of this are the first-class clinical, admin and technical services that Steve Parker and the team deliver. Steeper now supply Orthotic devices right across the Trust, and we’re delighted to secure a further five years, allowing all involved to develop and grow the partnership” Ian Rodger, Director of Prosthetic Services

Steeper Group acquires the Espire Elbow from College Park Industries



In June we were really pleased to announce that the Espire Elbow range was acquired by Steeper Group, Paul Steeper, CEO of Steeper Group states “We are thrilled to be able to add the Espire Elbow range to our upper limb product portfolio. This deal has been in discussion for almost a year and the Covid-19 pandemic has proved a huge hurdle, however, the time is right to seize the opportunity to grow our business.”

During the 6-month transition phase, the experts in design and manufacture at College Park Industries will share their knowledge and skills with their counterparts at Steeper Group to ensure that the team at Steeper are fully equipped to ensure a smooth take over. As a result of the acquisition, Steeper Group is now set to grow globally, with plans to increase teams both in the UK and USA to provide additional manufacturing and technical support for the Espire range to customers around the world. “We will be growing our teams both in the UK and at SteeperUSA to continue the success seen by College Park with the Espire range, and most importantly serve the customers and patients who have reached their turning point thanks to the Espire Elbow.” Paul Steeper CEO

The Espire Elbow Range

Incorporating state-of-the-art technology, innovative design and exceptional engineering the Espire Elbow range offers five revolutionary models; all designed for users across the globe. The design of these prostheses is what makes this range unique – an elbow joint with a flawless anatomical shape that mimics the natural aesthetic of the human arm. As a result, and further testament to the design, the Espire Pro was awarded the prestigious red dot design award in 2020. Each elbow in the range offers a choice of size and six finishes; or patients can customise their elbow with a variety of designs. The Espire range models are the Pro, Hybrid, Classic Plus, Classic and Basic.

Espire Pro

For advanced users, the top of the range Espire Pro is an innovative motor-driven prosthetic joint for the elbow that is easy for both clinicians and patients to use. The two removable 3000 milliamp hour batteries are designed to provide a full day of function supporting the use of wrist rotators and multi-articulating hands. It has a more proximal centre-of-mass which provides a more natural distribution of weight for user comfort, and a recent advance in engineering of the Espire Pro gearbox has resulted in a 15% noise reduction.

Espire Hybrid

The Hybrid model features a removable battery for powering a wrist unit and terminal device, alongside an electric lock system. However rather than a powered elbow joint, it features a dial-adjustable mechanism which counterbalances the forearm, wrist, and terminal device to negate the effects of gravity.

Espire Classic Plus

The Classic Plus model is a mechanical elbow featuring a forearm counterbalancing mechanism adjusted via a dial, and a manual lock to allow the patient to freely position the device with minimal effort. This model provides a discreet compartment for housing other manufacturers’ batteries without having to modify the arm.

Espire Classic

The Espire Classic uses the same comfortable counterbalance system and manual locking function as the Classic Plus. However, this is the ideal option for patients seeking a lightweight elbow as it does not contain any electronics or circuitry.

Espire Basic

The Espire Basic offers the most lightweight body-powered option for patients, as it contains no electronics or battery. It features a manual lock for reassuring security, and an economical dial-adjusted spring-assist to enable the elbow to be positioned with ease and provide fluid movement.



For more information on the range please contact the Marketing Team.

The clinical benefits of a hydraulic foot/ankle system

A recent development in K2/K3 prosthetic foot and ankle systems, has seen the use of hydraulic control provide the opportunity to offer increased range-of-motion at the prosthetic ankle. When integrated with the existing carbon fibre and glass fibre technology, hydraulic ankles provide a balanced system that is both supportive and compliant in a variety of ways during activities of daily living. The application of hydraulic foot/ankle prostheses has been shown to positively influence how the wearer performs sit-to-stand, walking on level ground, ramps and uneven terrain, socket comfort, and ultimately patient satisfaction.

Further Clinical Benefits

- Plantarflexion and dorsiflexion range allow the ankle to accommodate for uneven terrain and step by step changes in surface angulation, this requires less effort from the wearer to maintain stability, with less discomfort at the socket interface (Alexander, 2018). De Asha found an average of 12% reduction in metabolic cost related to reduced contralateral compensation (De Asha, 2015).
- Hydraulic foot/ankle systems offer the wearer biomechanical advantages, metabolic benefits and improved gait safety (De Asha 2015); ultimately, they can have a positive influence on the satisfaction of wearers, such as those who have changed prescription from a non-articulating foot (Sedki, 2013).

References and Additional Clinical Studies

- De Asha, A. R., PhD, Buckley, J. G., PhD. (2015). If “Spring is King”, Why Does a Prosthetic Foot that Absorbs More and Returns Less Energy Allow Users to Walk Faster? The OP Edge, 14(8), 38-44.
- Sedki, I., Moore, R. (2013). Patient evaluation of the Echelon foot using the Seattle Prosthesis Evaluation Questionnaire. Prosthetics and Orthotics International 37 (3): 250-4.



Calzamedi charity donation

In May, Steeper Group donated 200 navy and fuscia Calzamedi boots to the York-based charity PhysioNet. The charity was established in 2005 to provide refurbished physiotherapy and mobility equipment to the disabled in developing countries around the world. *“It is great to have such a large donation - thank you. The shoes will be checked and listed and then items sent in containers to destinations around the world, including Eastern Europe, Africa, Asia and the Pacific.”* Peter Nicholson, PhysioNet.



Steeper are committed to finding suitable alternatives to products that would otherwise go unused. *“It is great to see therapeutic boots going to a good cause and helping children to get the orthotic footwear that they need, yet otherwise wouldn't receive.”* Jonathan Murfin, Director of Orthotic and Prosthetic Business Development

New orthotic online patient resources



In response to increased numbers of virtual appointments, we have now uploaded a selection of our most routinely prescribed orthoses onto a patient portal within our website. These easy-to-access leaflets explain

the fitting, wearing and cleaning instructions of the orthoses and can be readily viewed online. In addition to the patient accessing these themselves, clinicians can also send a link to the specific leaflet of interest to the patient helping to provide information quickly and efficiently.

To view the patient care leaflets visit, www.steepergroup.com/orthotics/orthotic-clinical-services/orthotic-patient-information/patient-care-information/

Online e-learning, training and webinars



Online training and webinars have never been more popular and over the recent months, we have seen requests for the Click Medical and College Park Campus webinar series reach high demand.

These webinars are all deemed suitable for clinicians who require

further information on upper and lower limb prosthetics or recent graduates who would like to expand their product knowledge.

If you would like to be added to our mailing list to receive training updates and webinar links then please contact us at marketingteam@steepergroup.com.

Kinnex 2.0 joins our product portfolio

One of the newest products to be added to our lower limb portfolio is the Kinnex 2.0 by Freedom Innovations. Combining the popular features of the first generation, the Kinnex 2.0 has been optimised with new features and performance capabilities to offer the user intuitive movement and real-time response. This ankle/foot microprocessor system utilises sensor-controlled ankle



movement to process data at a rate of 200 times per second, and Rapid Response™ valve technology responding at a rate of 5 milliseconds.



For more information on the Kinnex 2.0, search Kinnex 2.0 on the Steeper website. Alternatively, contact our friendly Prosthetics Customer Services team at customerservices@steepergroup.com or +44 (0) 870 240 4133.

10:06

Saturday 19th October

was the first time Rob rode his bike on the track in Spain and felt like himself again, enjoying his favourite hobby with a great bunch of friends.

For months after his below knee amputation, Rob thought he'd never get back to rising his track bike. However, after following the advice of the team at Harold Wood and working closely with his prosthetist and technician, Rob was able to ride out in confidence with friends.



“I knew I could trust Colin and Glen; not just from my prosthetic point of view but ex-racer Glen also knew the precise alignment I would need to be both comfortable on the bike and get a great riding experience - I can't thank them enough; they've given me my life back!”

Case Study

Rob Hollyman



The story

Prior to his amputation Rob was out riding and meeting up with friendship group 'Team Toss' every week, and travelled twice a year to Spain to enjoy track days together. A recent below-knee amputee, and a keen motorbike owner with both road and track bikes, Rob's dream was to return to the hobby he loved.

After several months recovering in hospital, Rob began his journey to return to biking. He was referred to the Harold Wood Prosthetics Centre where he met his rehabilitation team, including prosthetist Colin Gardner and prosthetic technician Glen Adams.

Rob talked Colin through his daily activities, which included working within the transport industry and playing badminton - but his passion for biking shone through the most: Rob lit up when he talked about biking. Telling Colin about his track days away, this would be one of his major goals when it came to identifying what he wanted to achieve with a prosthesis. Colin could understand the passion as a keen biker himself.

"I was desperate to get to Spain, but I had a long way to go... walking on a prosthetic leg for a start! Then getting back on the road bike to build up my confidence and finally getting on the track bike. I listened to the advice given by the whole team at Harold Wood. It's a huge thing to take that first step on a prosthesis and I just couldn't believe at first that anyone could understand but Colin knew just how I was feeling."

The solution

Working with Colin and the wider team, Rob built up his confidence when walking, and was able to ride the road bike again after some adjustment to his boots for a pin-lock fastening and passing an assessment with the DVLA. Rob's prescription is for a pin lock liner system which worked well for everyday use and social biking. However, Rob struggled with comfort on the track bike; the one he would need to enjoy trips away.

"I went back to see Colin after trialling the limb on my track bike and it was so uncomfortable and painful to wear, I started to think I'd have to make some very expensive changes to my bike or miss out on the trip altogether." Being locked in by the pin and restricted by the liner the discomfort was exacerbated when wearing leathers, it was decided he needed a limb specific to the track bike.

The team at Harold Wood created a basic patella-tendon-bearing (PTB) socket with mild supracondylar suspension, and a lower posterior brim and terry sock were used to reduce bunching at the knee. Different suspension sleeves were tried but all created too much resistance when bending the knee; a cuff was too constricting but a Juzo sleeve offered just the right amount of support and freedom of movement. Further suspension would be gained by close fitting leathers, fasteners and boots. Rob was asked to bring the track bike to the Harold Wood Centre to allow Colin and Glen to align, fit and adjust the prosthesis in situ.

The turning point

The day of the fitting came and the heavens opened. Motorcycles, leather and bodies don't work well in such extreme conditions. So a very large, 1000cc racing bike was wheeled into the workshop! The bike was raised onto its stand, Rob donned his leathers and it was all beginning to get a little surreal.

Rob enthuses *"These guys really went above and beyond for me; I'm not sure it would happen in many places where you'd be asked to bring a motorbike inside!"*

In October Rob travelled with the group to Spain and spent the day on the track, confident and comfortable he was able to enjoy the trip to the full. *"It was great to get back to Spain and the freedom of the track. I would advise anyone learning to live with a prosthesis to talk to their team; it made all the difference for me!"*

To find out more about Rob visit www.steepergroup.com