

Turning Points

Issue 27 | Summer 2023

“It was quite shocking,
to say the least.”

Isabelle shares her
story for Scoliosis
Awareness Month

£9,500 raised!

Our team complete the
Yorkshire Three Peaks
challenge

An inspiration to all

Max doesn't let anything
hold him back!

Orthotist of the
year goes to...

Congratulations to
Steeper Orthotist,
Kate Chauhan



CEO message

Paul Steeper

Summer is finally here, although the sun in the UK seems to think otherwise. But don't worry, the latest issue of Turning Points is here to brighten up these gloomy days!

This issue is overflowing with congratulations. Matthew Young was awarded Best Overall Performance in Prosthetics at the University of Strathclyde, Kate Chauhan won Orthotist of the Year, and 18 of our team members completed the Yorkshire Three Peaks challenge!

June was Scoliosis Awareness Month and we spoke to Isabelle to share her story embracing life's curves with scoliosis.

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

Best wishes,



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



3 PEAKS
24 MILES
1585M ASCENT
£9,500 RAISED

Steeper's Epic Yorkshire Three Peaks Challenge

On Saturday 20th May 2023, 18 members of the Steeper team embarked on their long-awaited Yorkshire Three Peaks Challenge. Their goal? To conquer all three of Yorkshire's largest peaks whilst raising funds for our charity partner, Action for Children. With the support of Challenge Central, the incredible journey unfolded bright and early from Ribbleshead Viaduct. The team would go on to overcome many physical and mental obstacles throughout the day, and ultimately emerge victorious having positively impacted the lives of children across the country.

The Steeper team's physical efforts have not only triumphed over mountains but also brought hope and joy to the lives of vulnerable children. Through their tremendous fundraising efforts, they have bought our total fundraising amount to over £9,500! This money will help Action for Children continue to bring support and services to children, young people, and families in need. Andrew Nicol, Orthotics Director at Steeper said, "I'm really pleased with the amount of money we raised for such a good cause, and I'm also pleased for everyone who took part. The Yorkshire Three Peaks are a tough challenge and I think everyone realised what they can achieve when they set their mind to it."

We'd like to extend a massive thank you to Challenge Central for their expert guidance and support throughout the day. Their detailed preparation and continuous motivation throughout the day helped us to achieve remarkable feats and create lasting change.

Congratulations to Aaron Midgley, Andrew Nicol, Anna Jaines, Carl Chatfield, Chelsi Smith, Emma Brear, Emma Harvey-Kitching, Frances Beattie, Ian Rodger, Jim Sykes, Lorna Aitken, Lynzy Holding, Mark Smith, Olivia Fieldsend, Steve Carter, Tim Howarth and Tom Clappison on completing the challenge! Thanks to everyone who showed their support for the team and donated.

While this challenge may be over, our mission to support Action for Children continues. Together, we can help provide crucial services and support to children nationwide, ensuring they have access to education, healthcare, counselling, and opportunities to thrive. If you'd like to join us in our ongoing efforts to make a difference and build a better tomorrow for every child, you can donate to our Just Giving page using the link below.



Donate to Action for Children via our Just Giving page:
<http://bit.ly/3XCD38n>

Happy 75th Birthday To The NHS!

In celebration of the NHS's 75th birthday, The Leeds Teaching Hospitals NHS Trust launched an incredible campaign introducing 75 faces of the NHS, one of whom is our very own Kate Chauhan.

As part of the campaign, Kate and 74 other NHS team members attended the "75 at 75" trail at Thackray Museum. Kate spent the afternoon speaking to visitors about all areas of orthotics including 3D scanning, spinal braces, carbon fibre braces, and how the industry has progressed over the past few years.

When asked what makes her proud to work for the NHS, Kate said, "Being able to support our patients from the very youngest to the oldest to improve the quality of life by reducing the impact of their medical conditions."

Meet the 75 faces featured in the campaign on the Leeds Teaching Hospitals Instagram page
<https://www.instagram.com/leedshospitals/>

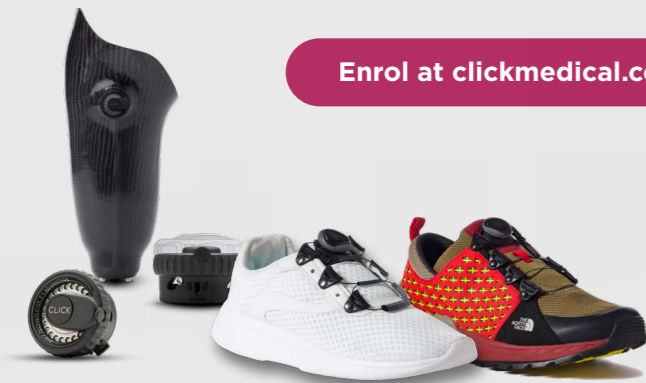


Click Academy Is Keeping You Up To Date

Click Medical's range of Prosthetic and Orthotic products offer the perfect fit and comfort anytime, anywhere, with the turn of a dial. Learning about the full product range is easy with their online platform, Click Academy.

Clinicians can enrol with Click Academy to access learning resources on design theory, fabrication videos, tuning worksheets, and a community of like-minded peers.

Designed to quickly and effectively improve patient outcomes. Head on over to clickmedical.co/training to request access today!



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Free to Access

Kate Chauhan Wins Orthotist Of The Year 2023

The University of Staffordshire recently held its annual Clinical Biomechanics conference where Steeper's very own Kate Chauhan was named The British Association of Prosthetists and Orthotists (BAPO) Orthotist of the Year. This prestigious recognition is a testament to Kate's remarkable skills and expertise in the field of orthotics. With over 20 years of experience, Kate has consistently demonstrated her commitment to providing exceptional care to patients, and after achieving runner-up in 2022, we couldn't be happier for her.

BAPO, in presenting the award to Kate, emphasised her outstanding contributions to the field, stating, "Kate has excelled, setting an example to others, through being active in research; inspiring others to explore this area of practice, which is essential in demonstrating contemporary, evidence-based, cost-effective prosthetic and orthotic care. Kate has successfully developed her experience, engaging with several studies, including National Institute for Health and Care Research (NIHR) randomised control trials."

Congratulations Kate on all your hard work, research, and excellent care!



3rd June 2023 was

World Clubfoot Day

Did you know approximately 1 in every 1000 babies born in the UK is affected by one of the most common congenital disabilities in the world, Clubfoot?

Whilst common, the need to raise awareness of the condition and its effects if left untreated is still needed, and this is exactly what the Ponseti International Association (PIA) set out to do when they launched World Clubfoot Day back in June 2013.

Essentially, clubfoot is a congenital deformity where the foot is twisted inward and downward. It can affect one or both feet and in the most severe cases, the foot can appear as if it's facing upside down.

Awareness is key!

80%

of cases are idiopathic

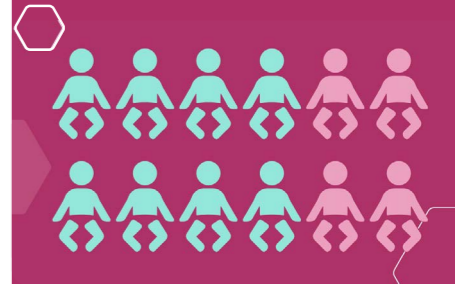


Find our more on our website
<http://bit.ly/3NZlrj0>

Clubfoot is more prevalent in boys, with approximately twice as many cases reported in boys than in girls. The reason for this discrepancy is unknown, and on top of that, around 80% of all Clubfoot cases are idiopathic, meaning the overall cause is also unknown. The remaining 20% of cases are often associated with other disorders such as Spina Bifida, Cerebral Palsy, and Arthrogyposis.

Early detection and treatment can significantly improve the child's quality of life, so awareness among parents is key. Treatments like the Ponseti method are found to be around 90% effective in achieving a functional and cosmetically pleasing foot, many find it is a treatment worth pursuing.

Clubfoot effects **twice** as many boys as it does girls.



"The Ponseti method is the gold standard treatment for those with Clubfoot (CTEV), which is why we see such success in our clinics."

**Georgia Dayes,
Steeper Orthotist**

We're here to help!

Clubfoot is a condition that can be effectively treated, allowing children to lead happy, active lives. While clubfoot presents its challenges, parents should know that many individuals with clubfoot lead fulfilling lives. Some notable personalities who were born with clubfoot include Steven Gerrard, the former Liverpool FC footballer and current Aston Villa manager, Kristi Yamaguchi, the 1992 Olympic Gold Medal-winning figure skater, and Troy Aikman, the former Dallas Cowboys quarterback.

As parents navigate the journey of clubfoot treatment, they can find comfort in knowing that a network of experts stand ready to support them.



Some notable personalities who were born with clubfoot include:

Steven Gerrard

Kristi Yamaguchi

Troy Aikman

Steeper Attend The British Society Of Physical & Rehabilitation Medicine Annual Conference

After three years, the BSPRM/BASCIS Annual Scientific Conference returned for a face to face at The Octagon, Sheffield. Presenting a great opportunity to network with clinicians from the field of rehabilitation medicine, the conference was attended by nearly 300 delegates.

Highlights included an overview on the field of spinal cord injury research, innovations in neurotechnology and rehabilitation, neuropathic pain and the surgical reconstruction options for paediatric limb deficiencies and deformities. Nearly 50 poster presentations made for interesting reading during the breaks.

The Steeper stand, hosted by Prosthetics Product Manager, Carl Elliott, resulted in considerable interest and engagement throughout the 3-day event.



Meet Max - An Inspiration To All

Meet Max Clark, a 12-year-old who received his latest prosthesis from his Prosthetist, Jess Gilroy and Technician, Amelia Korko, in Hull. The thing that makes him such an inspiration is he doesn't let anything get in his way!

He regularly attends his school's trampoline club winning trophies at a national level. Not only that, but he has raised thousands of pounds for charities through fun runs and long walks!

Pictured: Jessica Gilroy, Max Clark, and Amelia Korko

Congratulations, Matthew!

A huge congratulations is in order for recent Graduate Prosthetist, Matthew Young, who was awarded Best Overall Performance in Prosthetics!

Matthew said *"First of all, I would like to thank the Steeper Group for this extremely generous award, I feel honoured and proud to be able to receive it. It's a great feeling to be recognised for my hard work over the last four years at Strathclyde, especially during my final year exams. The prize serves as further motivation to continually improve myself so that I can provide the best care for future patients in my career."*

We hope you celebrated in style Matthew, and we wish you the best of luck for the future!



Steeper's First Annual Pride Day

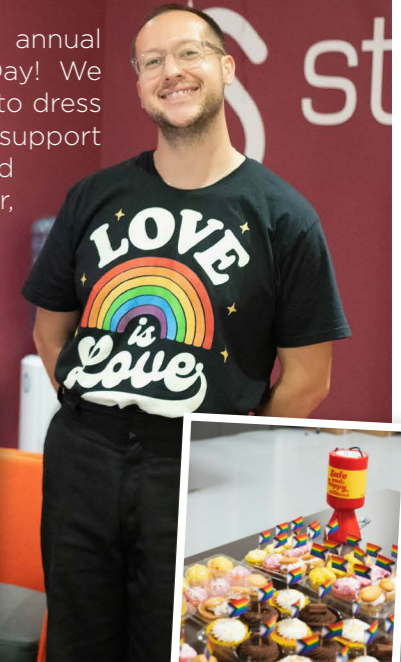
Here at Steeper, our employees and patients come from all corners of the globe, and display a variety of characteristics, be they physical, emotional, or spiritual. We are proud to be a Disability Confident employer and an Investors In People accredited workplace. We believe in providing an inclusive workplace where employees are able to embrace their 'whole' selves and achieve the best for themselves, the team, our patients, and our business.

When asked about his experience working at Steeper, HSE and Facilities Supervisor, Winston Mason said, *"Right from my first interview with Steeper, the atmosphere was incredibly welcoming, and I felt comfortable being who I am (which isn't always the case even in today's world!). Throughout my 6 years working for Steeper I haven't experienced*

judgement, negativity, or any kind of discrimination because of my sexuality and feel proud to work for a company with such positive values."

In June, we held our first ever annual Pride Event - Steeper Pride Day! We encouraged our team members to dress 'loud and proud' to show their support for the LGBTQ+ community and donate to our charity partner, Action for Children.

It was a great day for all and we can't wait to do it all again in 2024!



The Latest From Pro Armour

Introducing the Pro Armour PLUS, providing the same first-class protection as the Lite without the need for footwear! The low profile rubberised sole allows users to enjoy even more footwear-free activities like walking along the shoreline of the beach or being poolside.



Features and Benefits:

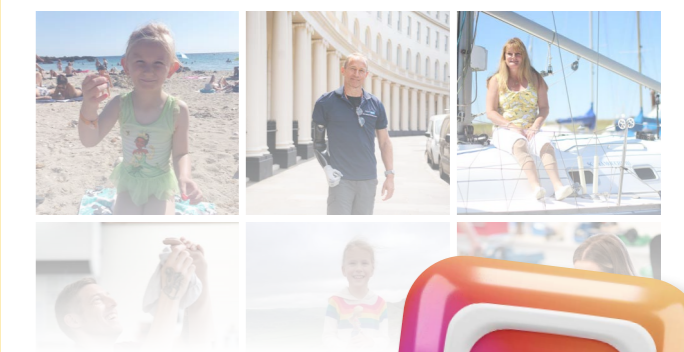
- 4mm sole thickness
- Splash, sand, dust and dirt proof
- Promotes physical activity and positive wellbeing
- Washable and reusable

Find out more on our website

SNAP! We're On Instagram

That's right, we've joined Instagram! Follow us to stay up to date with our latest patient stories, get a glimpse into the working day of our Prosthetists and Orthotists and receive exciting business updates!

Just search [@steepergroup](#) and we'll be there!



Follow us for more turning points!
[@SteeperGroup](#)



Case Study Isabelle Carroll

Scoliosis
Awareness
Month

The story

Every parent longs for a happy and healthy child, so the minute Isabelle's mum, Teresa, noticed a subtle deformity in her 1-year-old daughter's spine, she knew something wasn't right. Teresa said, "When I put her over my shoulder I could feel it, her back didn't feel right. But we weren't quite sure. With her being so young, we thought maybe it was just a sign of her growing. We took her to the GP and straight away they said it was likely scoliosis. It was quite shocking, to say the least. We received a referral and the long wait for a diagnosis began."

That was in August 2018, it wouldn't be until January 2019 that Isabelle would receive her official diagnosis, scoliosis. Within a month, Isabelle was put in her first EDF (elongation, derotation, flexion) cast. Teresa was also warned that Isabelle would likely need growing rods surgically inserted against her spine by the time she reached the age of 6.

Living with the limitations of wearing an EDF cast for 3 months at a time wasn't easy for Isabelle or Teresa. To add to the complications, just 10 months later, Isabelle was diagnosed with congenital heart disease. Doctors needed to access her chest to perform open heart surgery, echo scans and other tests, so the EDF cast had to come off, and Teresa refused to have it put back on - there had to be another way.

The solution

It was around this time when Steeper Orthotist, Kate Chauhan, was brought in to help with Isabelle's treatment prescribing a Boston Brace, and eventually, a Made to Measure Spinal Brace from Steeper. Teresa said, "Meeting Kate has been completely life-changing. Isabelle missed out on so much in the EDF cast. She couldn't swim or go to the beach, and even having a bath was impossible, it was a really difficult time. But the initial Boston brace and the Steeper made-to-measure spinal brace that she uses now are far less restrictive, she can do all those things and more again!"

However, spinal bracing doesn't come without its drawbacks. When compared to the EDF

cast, it is a lot more time-consuming to don and doff every day. However, Teresa is positive that the benefits largely outweigh any negatives. A "5 more minutes on the iPad" bribe every now and then is worth the increased quality of life Isabelle now gets to experience every day.

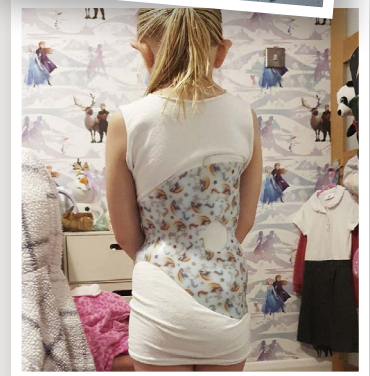
The turning point

Isabelle is now 6 years old and the reality of regular spinal surgery is looming closer... or so they thought. In a recent check-up, Kate was able to confirm that the results from the Steeper made-to-measure spinal bracing treatment have been so successful that she no longer needs the growing rods! Elated with the news, Teresa explained, "To insert growing rods, they would need to surgically screw rods onto her spine and every six months, they have to open it back up and lengthen them so she can grow with it. It's very invasive. I know she will probably still need the final spinal fusion at some point, but to know that the treatment has been that effective, that she doesn't need to go through a large majority of those traumatic surgeries, is just fantastic!"

An active spirit, Isabelle enjoys anything outdoors - football, playgrounds, monkey bars, and the trampoline just to name a few. Swimming is her all-time favourite activity, but due to multiple casts and the COVID-19 pandemic, she hasn't had many opportunities to learn to swim. But now that she has more freedom, she's determined to achieve the goal of swimming independently.



Read the full story on our website now
<http://bit.ly/3PHBcOf>



Isabelle in her Steeper made-to-measure Spinal Brace

"...to know that the treatment has been that effective, that she doesn't need to go through a large majority of those traumatic surgeries, is just fantastic!"

Teresa Carroll, Isabelle's mum



Young Isabelle with an EDF cast on