

Turning Points

- Find out how the team at The London Prosthetic Centre helped Mukhtar •
- Read all about our Prosthetic Technician's trip to Kenya during the pandemic •



The new SoftSkinAir Sport Liner
by Uniprox



The optimal solution to independent
living: the Assist X Mobil call system



Prosthetic Technician Corey visits
the ALFA Prosthetic Centre in Kenya

CEO message

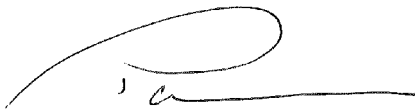
Paul Steeper

This quarter, we're delighted to announce the expansion of SteeperUSA, with the opening of a new office just outside Boston, Massachusetts. Furthermore, Steeper Prosthetic Technician Corey talks about his trip to the ALFA Prosthetics Centre in Kenya, and how he worked with the staff to create positive turning points for several patients.

Alongside this, we have recently launched the Assist X Mobil system, the ideal solution for patients living with limited physical, vocal and motor abilities who want more independence within the home or residential care setting.

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

Best wishes and stay safe,



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We would love to hear from you! Please send your feedback to:

marketingteam@steepergroup.com

Steeper Expands UK Contracts

This summer, Steeper celebrate the success of a new contract win to supply the Nottingham Prosthetic Service. With a significant focus on upper limb, we are excited to work with our new Trust partners, bringing together our strengths in manufacturing the latest upper limb devices and clinical excellence. The Steeper service begins on 1st September and we look forward to welcoming new colleagues, along with some familiar faces to the Steeper Team.

Furthermore, we're delighted to begin a new Orthotic partnership within Central London Community Healthcare - a great geographical fit for our growing services, as we start to deliver clinical support from two sites in North London. In addition, we have secured further Orthotic services working within the wider Colchester community thanks to the ongoing success of our ESNEFT (East Suffolk and North Essex NHS Foundation Trust) prosthetic and orthotic services.

People Values Launch

In May, we launched our new People Values; a set of behaviours and characteristics that encourage our teams to work together when delivering products and services that enhance people's lives.

These values will join our Company Values and Brand Pillars to work in harmony with one another, shaping our culture at Steeper.

Find out more at <https://www.steepergroup.com/about-steeper/our-people/>



Empowering independent living in the home, and beyond with the Assist X Mobil System

The Assist X Mobil is a wireless call pager system, designed to ensure the safety of individuals in a home or residential care setting.

With a setup time of less than 5 minutes*, the Assist X Mobil can be connected to special monitoring sensors and home control devices for users living with more severe disabilities, allowing a distress call to be triggered to a caregiver or family member. The system can be expanded for use in residential care environments, to monitor up to 32 individuals, with multiple receivers for staff members.

For ease, the user can choose whether to press the device directly depending upon their condition may wish to use an external switch,



* for single usage

sound activation, proximity sensor, or a home remote unit like the Gewa Maxi, Gewa One, Gewa Connect, Gridpad and any other AAC or EC device.

Features & Benefits

- Suitable for individuals with limited physical, vocal and motor ability.
- An easy to use system that's simple to adjust and adapt, providing flexible options from the comfort of your own home.
- Compatible with a variety of activation methods, such as a switch, proximity sensor or voice activation.
- If the responder does not attend to the call, they will receive another alert shortly after a fixed time, giving the user reassurance that their call has been received.
- Ideal for individuals who require additional support within the home, such as those that have been discharged from hospital.

For more information please visit www.steepergroup.com or contact our team at assist@steepergroup.com

New Silicone Unit at Steeper HQ

We're thrilled to be able to offer our high definition silicone cosmesis from Steeper HQ. Husband and wife team Joanne and Tim have a new workshop in Leeds after moving from The London Prosthetics Centre in Kingston, giving Steeper two facilities for custom manufacturing.

With a background in Model Making, Silicone Technician Joanne specialises in moulding artificial limbs using silicone clay. Joanne can make anything from feet, fingers, hands to arms and legs and has extensive experience with silicone sculpture with a particular interest in bespoke artistic and alternative limbs.

Trainee Silicone Technician Tim graduated from London South Bank University in Special Effects, and worked as a painter and decorator for a short while. That was until he joined The London Prosthetic Centre and started using his artistic skills to sculpt upper and lower limb silicone cosmeses.

The pair have enjoyed life in Leeds so far and have been sharing their expertise with the wider Steeper Team, who have been learning more of the intricacies of the world of bespoke silicone design.



Joanne and Tim at the new high definition silicone unit in Leeds



Holding a patient's cast and the silicone cosmesis

New Office in the USA



We're proud to announce the expansion of SteeperUSA with the opening of a new office in Hopkinton, Massachusetts just outside the city of Boston.

The Boston facility will offer clinical education and technical support; and includes space to provide in-person clinical training sessions, increasing the benefit to our US customers.

This additional facility has been established to work in partnership with our existing office in San Antonio, Texas.



"We're thrilled to be expanding in the US! Our customers can now expect an even better service from the Steeper USA team with the knowledge and experience provided from Boston. In addition to delivering comprehensive technical support where all products can now be serviced locally, without the need for returning to the UK, giving real benefits in saving time and cost for our clients" - Bridget Salinas, National Sales Director.

Find out more about our services in the USA and the team at www.steeperusa.com

Harold Wood's Long Term Condition Centre has moved

May saw the Harold Wood Team say goodbye to their surroundings and hello to the new Long Term Conditions Centre in Billericay. In just three days, the branch closed, moved, and reopened to patients - what an amazing achievement! A big thank you to everyone that helped with the move. We wish you all the best at your new branch.

Where is the new address?

NELF Long Term Conditions Centre
Mayflower House
Blunts Wall Road
Billericay
Essex
CM12 9SA



New Griplock Finger™ by Naked Prosthetics

Steeper is pleased to introduce the GripLock Finger™ from Naked Prosthetics to our upper limb portfolio. The lightest and strongest passive locking digit on the market.

Designed to restore absent digits and natural grip patterns, this prosthesis is ideal for patients with a finger absence at, or proximal to, the metacarpophalangeal (MCP) joint. The GripLock Finger™ is a passive device, which can be positioned using hard surfaces or the sound hand, with two easily accessible lock-release features.

This device can be worn in conjunction with Naked Prosthetic's PIPDriver™, MCPDriver™ or ThumbDriver™, and provides the same colour and design choices.

For information about the Naked Prosthetics range visit www.steepergroup.com



Prosthetic Technician Volunteers in Kenya

In the midst of the pandemic, Steeper Prosthetic Technician, Corey, embarked on a trip to volunteer at the ALFA (Affordable Limbs For All) Prosthetics Centre in Kajidao County, Kenya. Run by the charity MEND, the centre helps patients who struggle to afford private healthcare who are in need of prostheses, by charging only a small fee (to cover costs) or free to those unable to make any payment.



As a Prosthetic Technician, Corey is used to helping others but is fortunate to have access to high-quality components, well-trained staff, and functioning machinery. *"A huge contrast to the UK, the workshop at ALFA contained the minimum in terms of tools and equipment. There were no vacuums, no industrial ovens and no shiny new tools. I was looking forward to seeing a limb manufacture with such basic equipment."*

Corey explained that he'd always wanted to do more to help those at a disadvantage, and so when he reached out to the charity MEND in New Zealand, they suggested many options for Corey to volunteer - one being the ALFA.

After many conversations with the staff at ALFA, they explained to Corey that their main problem

was not being able to source high-quality parts and that most of their parts were cheap, heavy and bulky. This is where Corey could help. With the support of Steeper, Corey sourced a range of high-quality items to provide to patients in his time there. *"From silicone liners to rotation adapters, I had plenty to really make a difference and to produce some high-quality limb builds".*

One patient was left particularly delighted with her new limbs, as she left the ALFA walking for the very first time as a bilateral amputee. *"What made this event even more special was that her family all came to greet her on her last day at ALFA, signifying the importance of the effect rehabilitation can have on one's life."*

Over the duration of the trip, with support from the ALFA centre, Corey helped several patients and manufactured some life-changing limb builds. *"I made some unforgettable memories and developed great relationships with the staff at ALFA. The trip has changed my outlook on life, and although we all have our struggles, we are lucky to live in a country that has a health service that looks after the most important thing, you."*

If you'd like to find out more about Corey's trip, visit www.steepergroup.com



SoftSkinAir Sport Liner Added to our Lower Limb Product Portfolio

Introducing the new SoftSkinAir Sport liner from Uniprox; with its durable dual silicone layer and distal matrix, this liner provides a comfortable and secure fit and reduces surface tension, making it the perfect liner for high activity users. The advanced micropores drain perspiration and moisture from the residual limb, reducing skin irritations, moisture accumulation and unwanted slippage.

SoftSkinAir Sport provides a comfortable and highly practical solution for moderate to high users who require additional protection from increased sweating.

For further product assistance, please visit www.steepergroup.com or contact your Steeper Product Manager, who will be happy to help assist with any enquiries you may have.



The Difference Between Plagiocephaly and Craniosynostosis

Many people are unaware of the differences between plagiocephaly and craniosynostosis, and what causes these common conditions. Although they both affect the shape of the skull, quite often, their symptoms can be confused with one another.

Plagiocephaly, also known as flat head syndrome, is more common, with severe cases affecting approximately one in 25 infants. The condition is caused by external pressures on the skull, resulting in the flattening of the baby's head. In most cases, if caught early, the head shape will improve as the baby grows, and when external forces are reduced through repositioning techniques and less time spent in car seats or bouncy chairs. However, in some cases where moderate to severe plagiocephaly exists, correction may require treatment with a STARband™ helmet. Our orthotists encourage ongoing repositioning, and tummy time, as it helps by taking pressure off any flattened area.

Craniosynostosis is less common, and a more serious condition usually affecting one in 3,000. The condition is caused by gaps between the bones in the head (sutures) fusing or closing early. This can cause pressure in the brain and if left untreated, can inhibit the growth of the brain and cause complications in the future. Craniosynostosis can only be treated with surgery, but following endoscopic procedures, a STARband™ helmet is often used to regain a correct head shape.

The difference between plagiocephaly and craniosynostosis can be very difficult to tell apart visually. However, here are some key signs to look out for (as recommended by the NHS):

- A hard ridge along the sutures (bones).
- Disproportionate growth of the head compared to the rest of the body.
- The fontanelles (soft spots between the bone plates) may feel different or seem to have disappeared.

Intracranial pressure (ICP) is another common symptom, which may not become noticeable until an infant reaches 4 – 8 years of age. This is the pressure that builds up in the brain as

a result of the irregular shape of the skull and can manifest in persistent headaches, visual problems and an unexplained decline in the child's academic abilities.

Left untreated, ICP can cause vomiting, irritability, unresponsiveness, swollen eyes and difficulties breathing and hearing, so it's important to take your child for a check-up if you notice that something is amiss.

Tummy Time & Repositioning

Tummy time is the time babies spend on their front during the day whilst awake. There are lots of benefits to supervised tummy time including stronger neck and shoulder muscles, which help babies to roll, sit and crawl as they grow.

Starband Treatment

If you have tried tummy time or repositioning and the flattened areas do not show signs of improvement, our orthotists offer the world leading STARband™ helmet/cranial remoulding orthosis treatment to gently guide growth and shape.

Throughout the treatment, our paediatric orthotists provide support from the initial consultation, right through to treatment and aftercare.

If you feel at all concerned about your baby's head shape then call us to arrange a free consultation. One of our specialist orthotists will conduct a thorough evaluation, talk to you about your baby's history and discuss any necessary treatment programme.



Life as an amputee

Thursday 15th September

was the moment that **Mukhtar** was finally able to walk along the beach again. With a passion for travel, Mukhtar was worried the loss of his lower leg would hold him back, but after working with the LPC team, he was able to enjoy the freedom of walking on the sand and snorkelling again.



Case Study

Mukhtar Adam

“Having a sense of direction and speaking to someone that had been through it, really helped to build my confidence. To anyone in a similar position as me, please remember: There is life after limb loss.”



The story

Before his accident, Mukhtar lived a very active life in the city, and loved travelling the world, socialising and playing sports. That was until a serious road traffic accident in 2017 left him hospitalised for 2 months, and the devastating result was the amputation of his right leg.

Following his amputation and long recovery, Mukhtar was keen to regain his old life and quickly began his search for a prosthetic clinic to help him achieve his goals.

The solution

Before visiting The London Prosthetic Centre, and meeting the team, Mukhtar was uncertain of the future and what long-life mobility would look like. However, his mindset quickly changed when he started working with Abdo, the lead Prosthetist, who explained to Mukhtar that he would be back doing what he loves, in no time.

And Abdo wasn't wrong. After several sessions at the LPC, Mukhtar was able to walk again and took back control of his life. Abdo expertly designed and hand-finished an extremely comfortable and easy to wear sockets, allowing Mukhtar to perfect his walking and running techniques. Along with the expertise of the in-house personal trainers and specialist amputee therapists, Mukhtar has gained so much confidence – so much so that he plans to complete the Superheroes Triathlon

this year!

However, limb loss doesn't come without its challenges. Mukhtar kindly shared how he's had to adapt his life as an amputee; such as changing his praying position at the local mosque, building his muscle strength, and finding the right prosthetic foot that gives him flexible ankle movement, so he can wear almost any style of shoes.

The turning point

Mukhtar's turning point came when he walked across the shore in Abu Dhabi; knowing he'd managed to achieve his main goal of getting back to travel and enjoying the experience of snorkelling with his swim limb and new flippers. This was partly down to the team at The London Prosthetic Centre who, combined with his own determination, got Mukhtar back on his feet, doing what he loved. With the help of Abdo and the team, Mukhtar has learnt to love his new prosthesis and regained his confidence.

Furthermore, Mukhtar shared his desire to help others and a more recent goal to become a Volunteer Visitor at the Limbless Association charity, where he recently became a Trustee. *He went on to say that “having a sense of direction and speaking to someone that had been through it, really helped to build my confidence. To anyone in a similar position as me, please remember: There is life after limb loss.”*

