



Take a look at the benefits that MuSmate can offer you;

- No more foot-dragging
- Walk faster for longer
- Flexibility – can even go up stairs
- Range of options
- Discreet device
- Saves wear & tear on shoes
- Affordable



## Walking made easier with MuSmate Walking Aids

For many people, drop foot (or foot-dragging) is a serious problem which reduces their mobility and restricts their working and social lives. Existing devices have their limitations, and so the Musmate Walking Aid was developed to better meet the needs of patients. The Musmate uses the action of an elastic cord to eliminate the dropping of the foot and so make walking easier.

When you place your foot on the ground, it stretches the cord. Then, as you lift your leg to move forward, your shoulders will support the lifting and moving of your foot. It is a very natural movement. You can easily and quickly adjust the amount of support and height of the foot lift (for obstacles and uneven ground) to best meet your needs.

With walking made easier, people walk more, which makes them fitter and further improves their walking (see Test Results). Other benefits include better posture and reduced trips and falls.

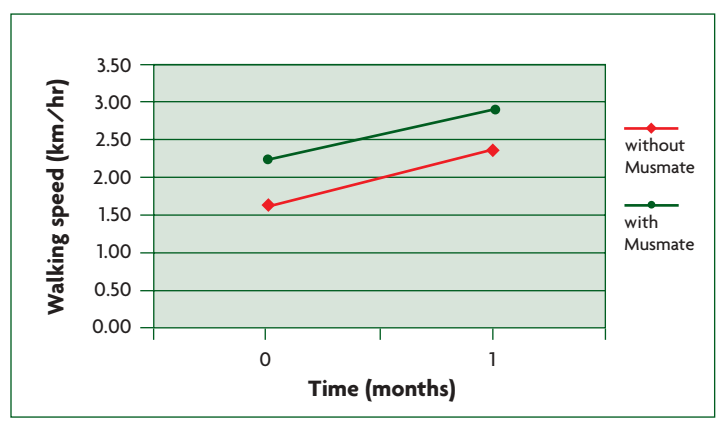
### The MuSmate Walking Aid Set has six components:

- A shoulder harness which has different designs for use with the left leg, right leg, or both legs. The harness is available in different sizes and colours, and is adjustable in length to fit different people. It is simple to adjust the lift of the leg to enable the user to cope with uneven ground or to go up and down stairs.
- An optional waist belt which prevents the shoulder harness rotating for a more effective and secure product. The waist belt for use with both legs is independently adjusted on the front and back so that the elastic assembly can be positioned exactly where needed.
- An elasticated cord assembly which can be adjusted for length to optimize the support provided by the Musmate
- A connector which clips the elastic cord to the shoelaces or a sandal strap for a discreet fit
- A harness which goes around the shoe for a more robust, albeit visible, attachment
- Optional shoulder pads which some people find useful in reducing or avoiding pain from the additional work placed on the shoulders.



## Product Test Results

The following test work was carried out at a Therapy Centre in Exeter, Devon, U.K. The users were timed walking (with any required aids) over a ten metre course and their average speed calculated [shown as without Musmate in the figure]. The test was repeated with the user wearing the Musmate [with Musmate] and then again after approximately one month. Of the fifteen people who were on the trial, the average (mean) walking speed without the Musmate was 1.71 km/ hr, which rose to 2.51 km/ hr with it. After one month, these two figures had risen to 2.18 km/ hr and 2.78 km/ hr – increases of 27% and 62% respectively. The users stated that they walked faster for longer and that they were more active as a result.



These results are statistically significant and demonstrate that not only does your walking improve when using the Musmate, it also improves even when it is not worn.

## Medical Information Section

### Product Description and Usage

The Musmate Walking Aid is an innovative new product which is intended to assist people with foot drop (lack of ankle dorsiflexion). The product consists of a shoulder harness which is connected to the foot with an elastic cord assembly and a shoe connector, plus optional shoulder pad and waist belt.

When the foot is lowered to the ground during the gait cycle, the elastic cord is stretched. Upon lifting the leg, the cord contracts and the shoulders then support the lifting of the foot, resulting in a more natural gait. The level of support provided and the height of the foot lift are independently adjustable to cope with the user's walking ability and the walking environment.

Use of the Musmate usually leads to increased walking speed, which is indicative of better gait and ability to walk further. Other benefits may include preventing disuse atrophy, and improved muscle strength. Its use reduces or eliminates the incidence of foot swinging, trips, falls, and foot-dragging. Drop foot can arise from many conditions, included stroke, multiple sclerosis, spinal injury, motor neurone disease, Parkinson's Disease, and some genetic conditions.

### Adverse Effects

May cause leg, knee, shoulder, and/ or back pain due to increased muscle usage. This should fade as the muscles strengthen. There has been one report of pins and needles in the feet following use.

### Contraindications

The Musmate places additional strain on the back and so those people with weak backs (eg from arthritis of the spine) should not use the Musmate except under clinical supervision. It supports walking and so those who are unable to walk 10 metres (with aids such as walking sticks) are unlikely to benefit without appropriate professional medical support.

### Cautions

The Musmate cannot be used with some shoes such as high heels, court shoes cut low at the front, or those which expose the person's heel (eg clogs). The Musmate can be worn underneath clothes, but this may be less comfortable, and more difficult to adjust. Use of the Musmate can cause scuffing and wear to shoes, shoelaces, and/or clothing.



### Optional Colours

The Musmate is now available in various colour combinations as shown on the order form. We can produce further designs on an individual basis and we invite you to contact us to discuss your requirements.



## Product Range and Price List

There are four sizes of shoulder harness- extra small, small, medium, large.

- The extra small one is for people (including children) whose height is below 120cm (3'11") and whose chest is smaller than 90cm (35").
- The small one will fit people whose height is between 120cm (3'11") and 175cm (5'10") and chest (or hips) up to 90cm (35").
- The medium size fits people from 175cm (5'10") to 200cm (6'6") in height and 110cm (43") over the chest or hips.
- The large one is suitable for people over these dimensions.

The shoe harness is now available in two sizes- ladies and mens. We are happy to provide guidance on sizing and to exchange harnesses should the sizing be incorrect.

## Musmate Complete Set

These sets use mainly black material throughout, and contain everything you would need. The contents of these sets are:

- shoulder harness
- shoulder pad
- elastic assembly
- shoe harness
- shoelace connector
- belt
- instruction sheet



Product	Harness Size (ES, S, M, L)	Shoe Size (ladies, men)	Quantity	Price	Total
Left Leg Complete Set				£75	
Right Leg Complete Set				£75	
Both Legs Complete Set				£125	

## Accessories and Options

Many components are now available in the following colours: black, beige, blue, green, navy blue, red, white, yellow. The elastic is available in black with options of 2 white hooks, 1 black & 1 white, or 2 black hooks. The shoe harness is available in black and brown only.

Component	Size	Colour	Quantity	Price	Total
Left Leg Shoulder Harness				£30	
Right Leg Shoulder Harness				£30	
Both Legs Shoulder Harness				£50	
Left Shoe Harness				£25	
Right Shoe Harness				£25	
Elastic Assembly	one size only			£15	
Shoulder Pad	one size only			£5	
Shoelace Connector	one size only			£5	
Sub-Total					
Delivery Charge (under £50, £2.50; over £50 free)					
VAT (17.5%) if required*					
Total					

## Guarantee

We aim to provide complete satisfaction with the Musmate Walking Aid. We are happy to modify or alter products so that they best meet your needs. The system is guaranteed for one year from date of purchase.

We offer a complete refund if you are not satisfied and the Musmate is returned within 30 days.