

Leckko Brace Measuring Instructions

Take measurements on the client of their height (fibula to floor), foot length (heel to toe), calf circumference at widest point, ankle circumference and circumference through heel.

Compare these to the measurements in table 1.1 to help to determine the suitable size.

The brace has a fixed minimum height and length measurement but can accommodate a range of circumferences.

There is considerable stretch once the brace is soft however your circumference measures are especially important.

For example:

If a shorter brace matches the circumference required, you can stretch the brace to increase the height or foot length.

If the brace is too loose at the calf, it won't fit or mould well. You cannot make the braces smaller than the listed measurement.

Table 1: Brace Measurements

Brace Size	Foot Length (cm)	Height (cm)	Circumference calf (cm)	Circumference above ankle (cm)	Circumference through heel (cm)
Paediatric 1	15.5	25	19-23	14-16	16-20
Paediatric 2	17.5	29	21-26	15-19	18-22
Paediatric 3	19.5	34	24-28	17-21	20-24
Paediatric 4	21.5	36	27-31	19-23	22-26
Adult 1	21.5	39	29-34	20-25	24-28
Adult 2	22.5	39.5	31-37	22-27	25-30
Adult 3	25.5	40	33-39	24-28	26-31
Adult 4	26.5	41	35-41	26-31	28-33
Adult 5	27.5	41.5	37-43	28-34	30-36

Leckko Brace Fitting Instructions

The leckko braces are completely flat and rigid when purchased.

We recommend heating the brace in an electric frypan of hot water until soft. Other heating methods include an oven on low temp (under 180 degrees), or using the leckko heating blanket (purchased separately).

We recommend setting up the person who will wear the brace with a clean long sock or stockinette on, with some small soft pads over bony prominences such as malleoli and navicular bones. Felt or foam pads work well.

If using the water method for heating, once the brace is soft (5-8 minutes), roll into a clean towel to absorb moisture. Mold onto the person once the brace is at a safe temperature for skin contact. Always check with the person regarding their temperature tolerance and sensation before molding.

Alternative Fitting Instructions

If molding directly onto the limb is not possible or not safe, it is possible to take a rigid cast of the person using synthetic cast tape (not soft cast) of about 2 layers thick, safely remove this cast from the limb, and to then mold the leckko over this cast.