P III

DESIGN INTERVENTION FOR CLUB-FOOT ABDUCTION ORTHOSIS



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176130006

What is Clubfoot?

Clubfoot is a deformity in which an infant's foot is turned inward, often so severely that the bottom of the foot faces sideways or even upward.

The clubfoot can affect one foot or both feet.

Cause of Clubfoot

Genetic & Environmental factors are considered responsible.



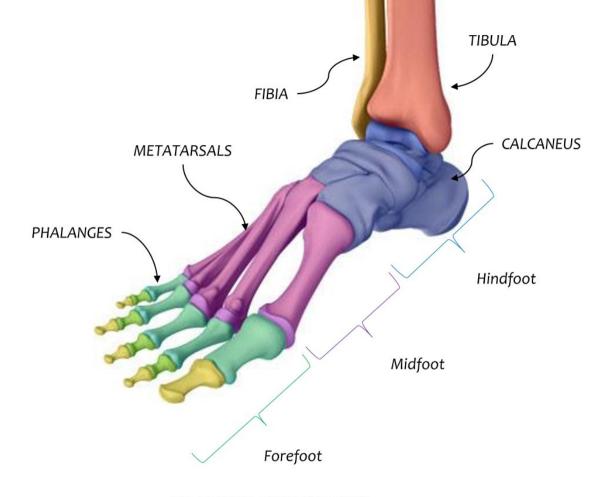


FIG. NORMAL FOOT ANATOMY

https://www.fyzical.com/boerne/media/img/351574/clubfoot_introo1.jpg

Clubfoot & Normal Foot



FIG. X-RAY OF FEET WITH UNILATERAL CLUBFOOT

https://emedicine.medscape.com/article/407294-overview



Clubfoot affects

1 lakh

children worldwide, making it one of the most common birth defects in the world

80%

of untreated clubfoot are found in developing countries



What if untreated?

Regardless of the type or severity, clubfoot will not improve without treatment

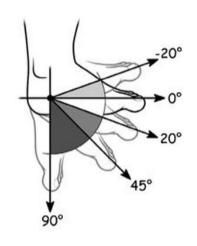
A child with an untreated clubfoot

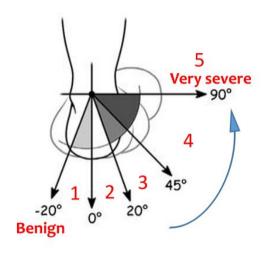
- Will walk on the outer edge of the foot
- Develops painful calluses
- Faces difficulties in wearing foot wears
- Have lifelong painful feet that often severely limit activity

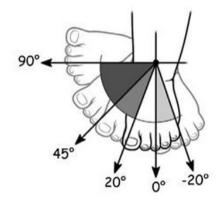


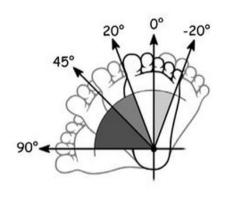


GRADE OF CLUBFOOT









LOOKING FROM RIGHT HAND SIDE OF LEFT FOOT

LOOKING FROM BACK
OF LEFT FOOT

LOOKING FROM TOP OF LEFT FOOT LOOKING FROM BOTTOM
OF LEFT FOOT

GRADE CLASSIFICATION

GRADE	TYPE	SCORE
1	BENIGN	<5
2	MODERATE	=5<10
3	SEVERE	=10<15
4	VERY SEVERE	=15<20

TABLE: GRADE CLASSIFICATION

TREATMENT OF CLUBFOOT



Ponseti Method

Most clinically practised and efficient method.



French Method

This incorporates stretching, mobilization, and taping.

Done by a physical therapist who has specialized training and experience.



3 Surgery

In cases, severe deformities that do not respond to stretching, surgery may be needed to adjust the tendons, ligaments, and joints in the foot and ankle.

Ponseti Method

The Ponseti method is a non-invasive, low-cost procedure to correct clubfoot with a **98**% success rate.

It consists of manually aligning the child's foot with the application of a series of casts.

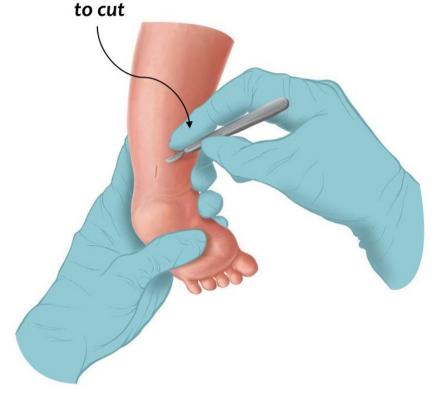


FIG. Series of casts over 4 to 6 weeks

- Complete Correction is achieved by Casts Only.
- Braces are used to Hold or overcorrect the foot to avoid any recurrence.

TENOTOMY

Small Blade Insertion



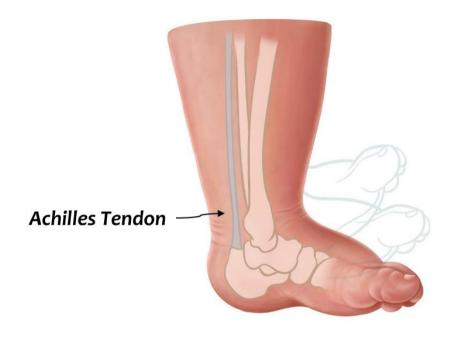


FIG. TENOTOMY

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FIG. ACHILLES TENDON

https://pro2-bar-s3-cdncf1.myportfolio.com/4c4c5b43d972167obo83172df179a66d/2fb8c845370215.582e 157e94e1c_car_1x1.jpg?h=bc5f656a6cd4fbcc05678a05f58260f0

FIELD VISITS & USER STUDY



Creating Questionnaire



A basic questionnaire was made prior meeting the expert Doctors based on the initial theoretical enquiry about the Clubfoot-

- For a quick and focussed overview of clubfoot as a phenomenon.
- To understand the practicality of present solutions and treatments.

Visiting Doctors





DR. NISHA

CMO IIT-B HOSPITAL



DR. ATUL BHASKAR

Visiting consultant HIRANANDANI HOSPITAL



DR. BHUSHAN

Asst. Paediatric Specialist HIRANANDANI HOSPITAL



DR. SOURABH SINHA

Visiting Consultant BETIC, IIT-B



DR. ALERIC & TEAM

Paediatric Specialist B J WADIA HOSPITAL, PAREL



DR. SURESH CHAND

Asst. Paediatric Specialist B J WADIA HOSPITAL, PAREL

USER 1

CLINIC – Children's Orthopaedic Clinic CLINICIAN – Dr Atul Bhaskar LOCATION - Andheri West. AGE – 24 days old CONDITION – Unilateral Clubfoot [Right]

Holding the leg at toe and knee



Start from the foot by holding it in a desired way



2-3 layers are casted one by one



Done!

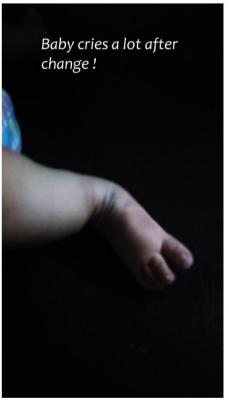


USER 2

CLINIC – Children's Orthopaedic Clinic CLINICIAN – Dr Atul Bhaskar LOCATION -- Andheri West.

AGE – 8 months old CONDITION – Bilateral Clubfoot [Both Left & Right foot]











CLINIC – Clubfoot clinic at B J WADIA Hospital CLINICIAN – Dr Alaric Arijoos LOCATION -- Parel. AGE – 8 yrs. Old CONDITION – Relapse of Clubfoot [Left]



USER 4

LOCATION – Bangalore AGE – 25 years CONDITION – Bilateral Clubfoot

Key Insights



 Any kind of leniency in bracing can lead to relapse.



 Child takes around a week to adjust to the brace once the bracing protocol starts.



 Braces are circulated among the patients either when parents cannot afford the treatment or the no. of braces available is less.



 Visual inspection of exposed foot is must to avoid/realise any kind of damage/problems in plastered or braced foot.



STUDYING EXISTING ORTHOSIS

Ankle Foot Orthosis [AFO]

- Costs around Rs. 400 -800.
- It Is Globally Used.



FIG. AOF ORTHOSIS

Stanford Orthosis

- Costs around \$ 25.
- Under Pilot for testing and observation.



FIG. STANFORD ORTHOSIS

Steinbeek Orthosis

- Costs around Rs 1000
- It is globally used and is well accepted by clinicians

The Denis Browne Bar

- Costs around \$ 100.
- It Is Very Popularly used in UK





FIG. DENIS BROWN BAR



FIG. STEIN BEEK ORTHOSIS

Iowa Orthosis



FIG. IOWA BAR

- Costs around 200 \$
- Its is popularly used in China & US

Dobb's Orthosis



FIG. DOBB'S BAR

- Its is popularly used in Canada, UK, Brazil
 & Japan.
- The brace itself cost around 120 \$.

MARKELL SHOES
BY
MARKELL SHOE COMPANY



FIG. MARKELL SHOE

 This braces are to be wore with Markell's shoes which costs around \$ 100.

Key Insights



With the increasing size
of brace, it becomes less
portable.



Metallic and edgy braces are difficult to handle.



Any sort of **exposed joinery is unsafe** for
growing kids.



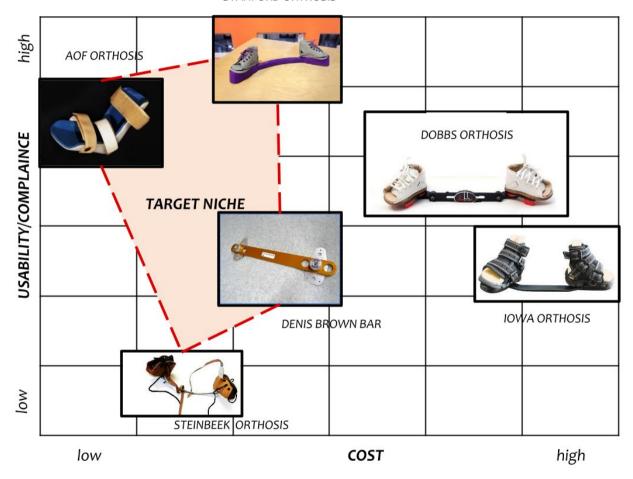
taking and often needs

assistance.

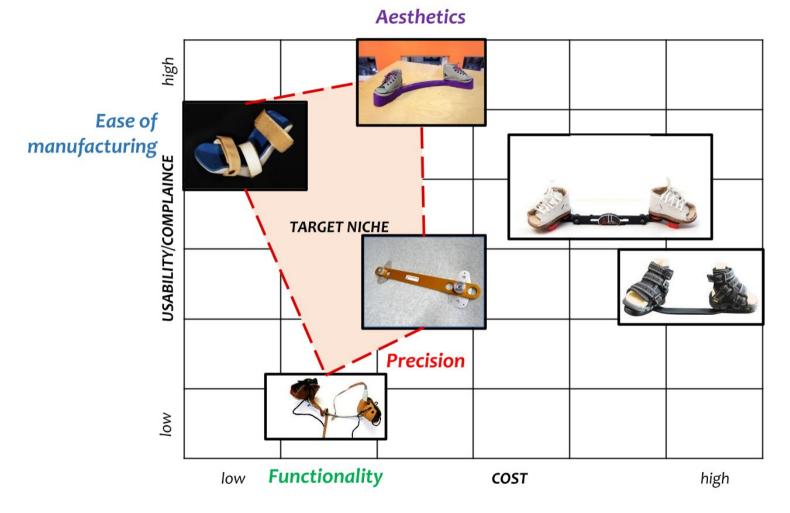
STANFORD ORTHOSIS

Product Positioning

The area, shaded inside the red lines, indicates a niche for the desired orthosis.



Product Positioning





USER PRODUCT INGTERACTION



Another round of visiting and meeting Users was conducted, during the User study at B J WADIA hospital, focused at the parents child interaction during:

- Travelling
- Feeding the child
- Playing
- How they manage to put child to sleep

CLINIC – Clubfoot clinic at B J WADIA Hospital

CLINICIAN – Dr Alaric Arijoos, Dr Bhushan

LOCATION - Parel

AGE – 1.5 years

CONDITION – Bilateral Clubfoot









CLINIC – Clubfoot clinic at B J WADIA Hospital

CLINICIAN – Dr Alaric Arijoos, Dr Bhushan

LOCATION – Parel

AGE – 1.5 years

CONDITION – Bilateral Clubfoot











CLINIC – Clubfoot clinic at B J WADIA Hospital

CLINICIAN – Dr Alaric Arijoos, Dr Bhushan

LOCATION - Parel

AGE – 1.5 years

CONDITION – Bilateral Clubfoot







USER 4

CLINIC – Clubfoot clinic at B J WADIA Hospital
CLINICIAN – Dr Alaric Arijoos, Dr Bhushan
LOCATION – Parel
AGE – 2.5 yrs. Old
CONDITION – Bilateral clubfoot





USER 5

CLINIC – Clubfoot clinic at B J WADIA Hospital

DESIGNATION – Cure NGO Worker

LOCATION – Parel



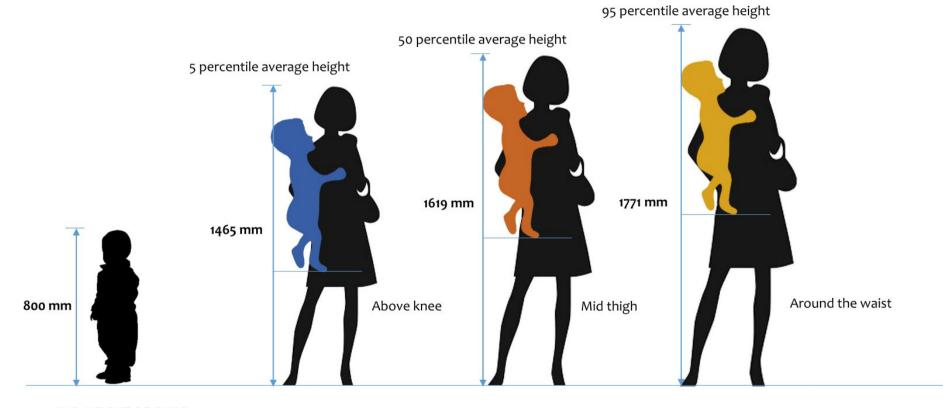






Anthropometric considerations

POINT OF CONTACT OF BRACE WITH THE BODY



AVG. HEIGHT OF CHILD

AGE GROUP: 18 TO 24 MONTHS

As per

Hand book of Child Measurement & Capabilities

By Norris & Wilson

AVG. HEIGHT OF INDIAN MALE /FEMALE COMBINED

As per
Indian Anthropometric Dimensions For Ergonomic Design Practice

By Debkumar Chakrabarthy

KEY INSIGHTS



A **closed Orthosis** (shoe) makes it difficult to know the foot position within the shoe



Over-lacing the shoe creates discomfort to Child & Parents both



Most Parents
lacks the idea
of how exactly they
followed the given
instruction



Most clinically popular Orthosis lacks compliance with the Users

Ergonomics of Bracing

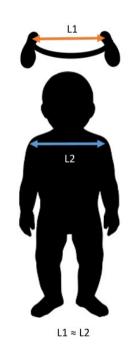


FIG. BRACE LENGTH NORM

Brace size

The size of the brace is specified by its distance between the centre of rotation of the feet.

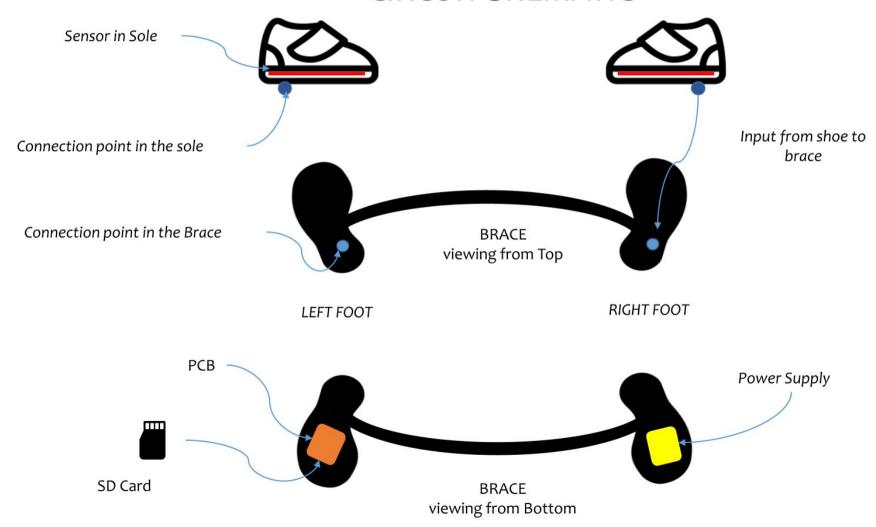
This distance should approximately equal the shoulder breadth of the child as specified by the Doctors.

The sizes suggested by the Doctors are:

- 180 mm for age below 2 yrs.
- 220 mm age above 2 yrs.

Technology

CIRCUIT SHEMATIC



Proof of Concept

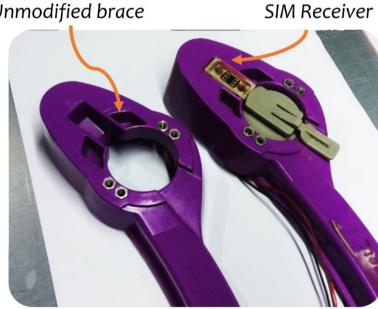
Pressure sensor



Connection points



Unmodified brace

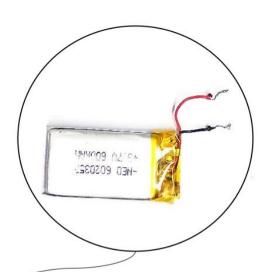


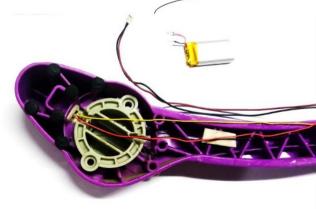
38

Lipo Battery

Dimensions: 35 x 17 x 5mm

Spécification: 3.7 v 600 mAh

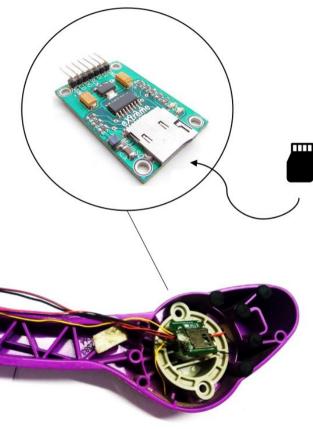




Left End's Bottom View

Micro Data Logger For SD Card

Dimensions: 35 x 35 x 5mm



Right End's Bottom View

Present Procedure [Scenario]





When the child is brought to clinic and is allotted with a steinbeek or Stanford brace.





In the next visit, the parents will have to report the conduct of bracing, prescribed in previous appointment.

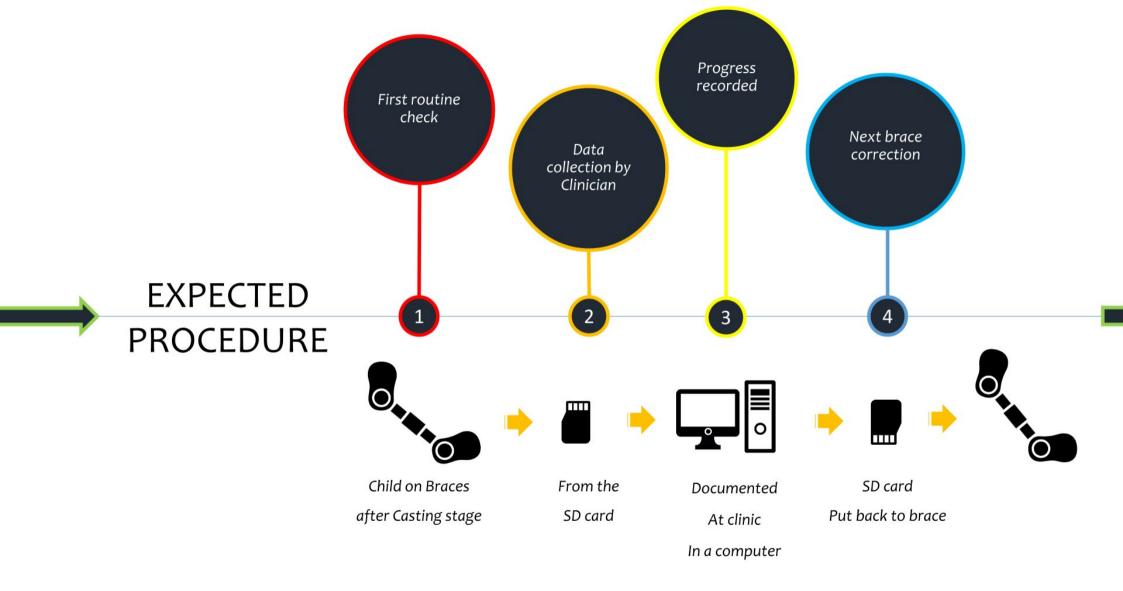


Sometimes, the reporting of follow up by parents is not reliable as per clinicians, due to which the given treatment can prove to be false/incorrect.





The child is subjected to change of size of brace and shoe depending upon the his/her progress.



BRACING PROTOCOL

The **shoes are put first**

And **then the brace** is put on the shoes

The **step between the angle of abduction** should be **equal to or more than 20 degrees**

and the **angle of dorsiflexion** can maintain between 10° to 15°.

DESIGN STATEMENT

To design a

Club-foot Abduction Orthosis for

Better User Compliance & True Monitoring of Prescribed Usage

FUNCTIONAL REQUIREMENTS

TARGET USER

MAINTAINANCE

USAGE PATTERN

UNOBSTRUSIVE No electrical circuitry component should be visible

LIGHT IN WEIGHT Not more than 500 mgs

DATA COLLECTION
Should facilitate realistic data collection

SAFETY

The orthosis should be water proof & electrical shock proof

USER COMFORT

The orthosis should be easy to adapt by child & during mother child interaction

COST EFFECTIVE
The cost should not be more than \$ 25

FUNCTIONAL REQUIREMENTS

TARGET USER

MAINTAINANCE

USAGE PATTERN

PRIMARY USER Child

SECONDARY USER Parents/ Guardian

TERTIARY USER Clinicians and NGO staff

FUNCTIONAL REQUIREMENTS

TARGET USER

MAINTAINANCE

USAGE PATTERN

BATTERY REPLACEMENT

Every 3 months
By clinicians

EASE OF CLEANING the orthosis should be easy to clean of particulate and fluid dirt

FUNCTIONAL REQUIREMENTS

TARGET USER

MAINTAINANCE

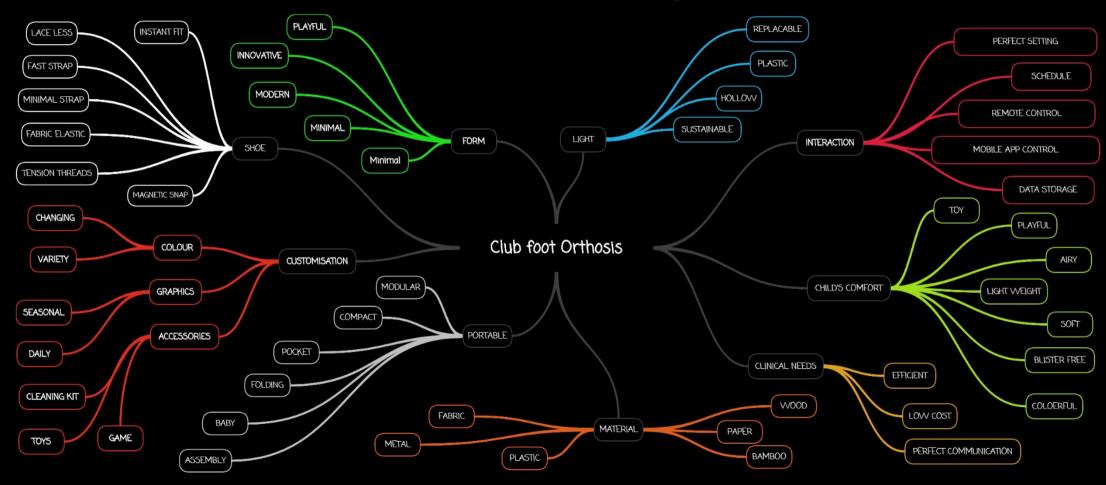
USAGE PATTERN

INITIALLY
Braces to be used 23 hrs. a day
(for first 4 months)

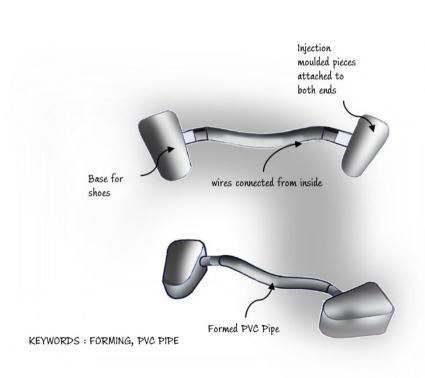
REGULAR Then 12 hrs. a day (for next 3-4years)

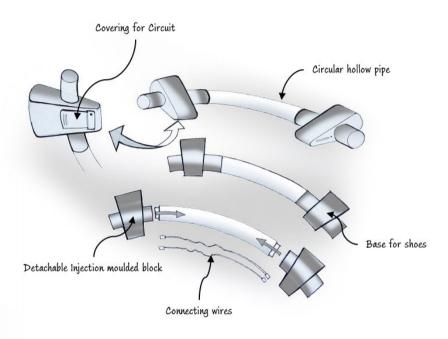
Ideations For Brace

MIND MAPPING

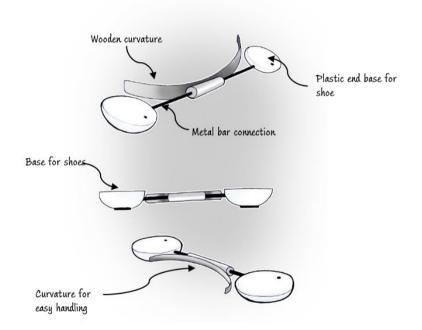


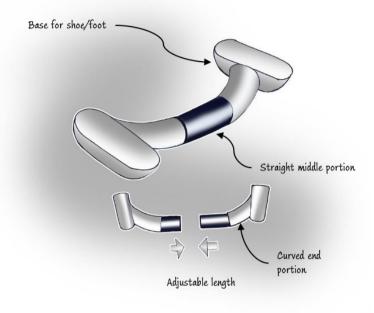
GROUP I- FRUGAL MANUFACTURING





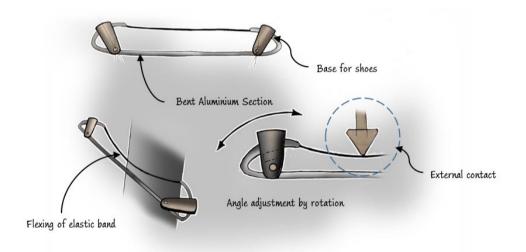
KEYWORDS: FORMING, PVC PIPE, DETACHMENT





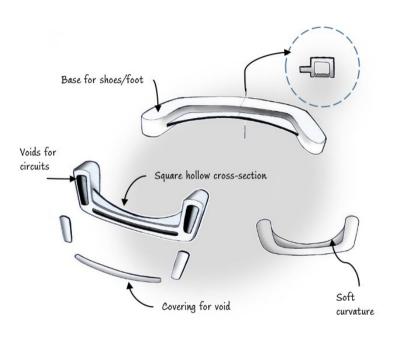
KEYWORDS : SUSTAINABLE, ABUNDANCE, MATERIALS

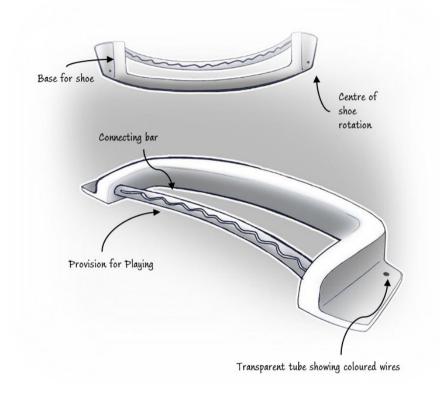
KEYWORDS : LENGTH ADJUSTMENT



KEYWORDS: EXTRUSION, BENDING, LIGHT, STRONG

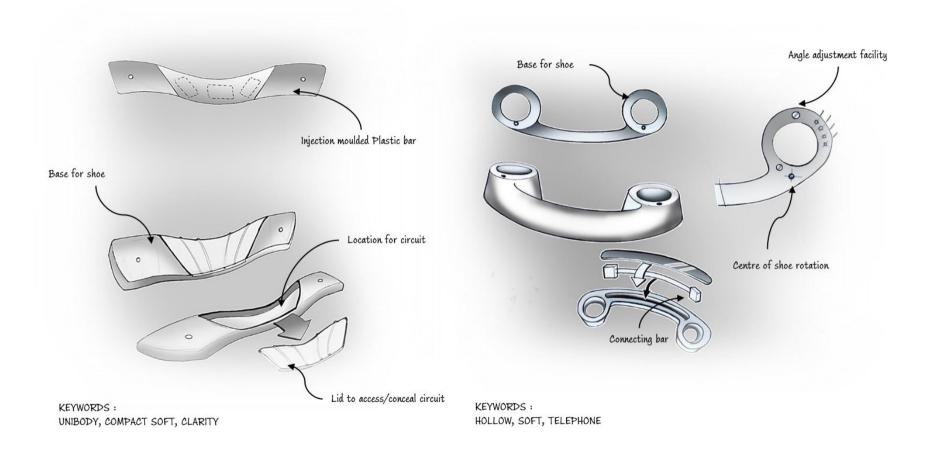
GROUP 2- INTEGRAL BODY



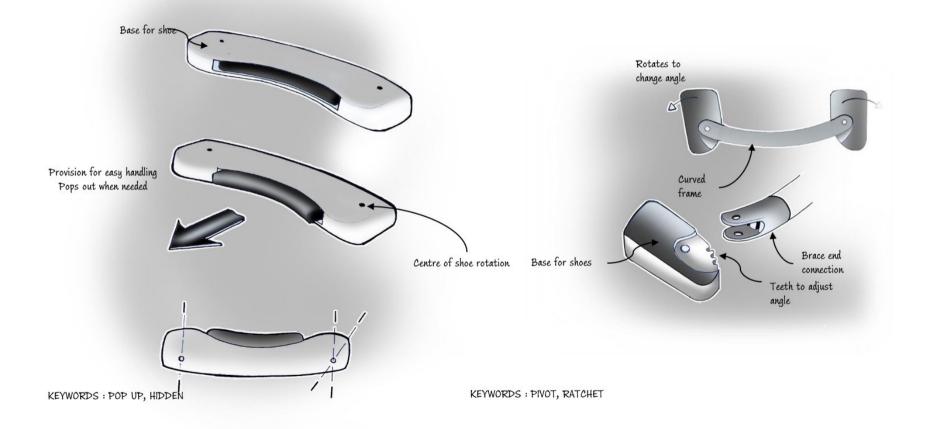


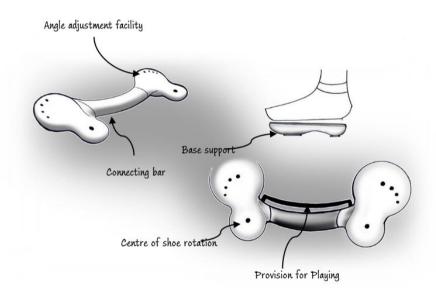
KEYWORDS : RIGID, UNIBODY

KEYWORDS: SURPRISE, TRANSPERANT, COIL, PEDAL

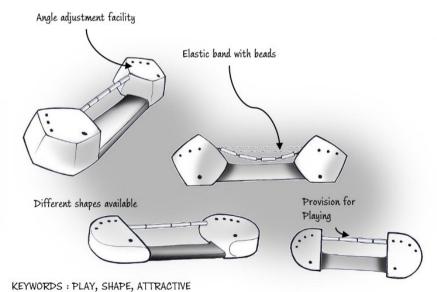


GROUP 3- ADDED FUNCTIONALITY



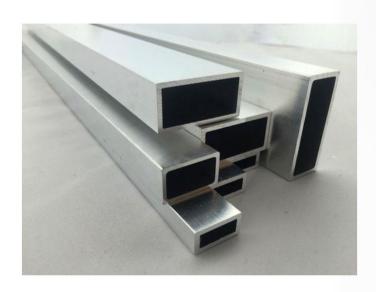


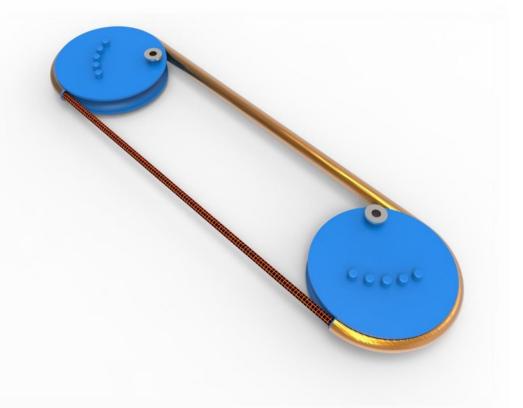
KEYWORDS : BONE, CONNECTION, STRENGTH, LINK

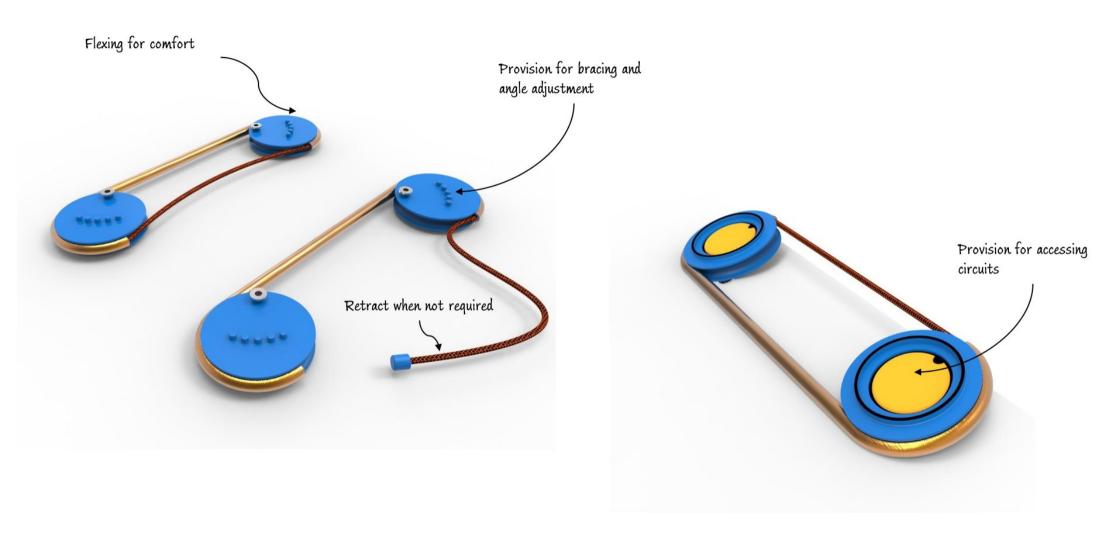


Concepts For Brace

Inspiration **An Aluminium sections**





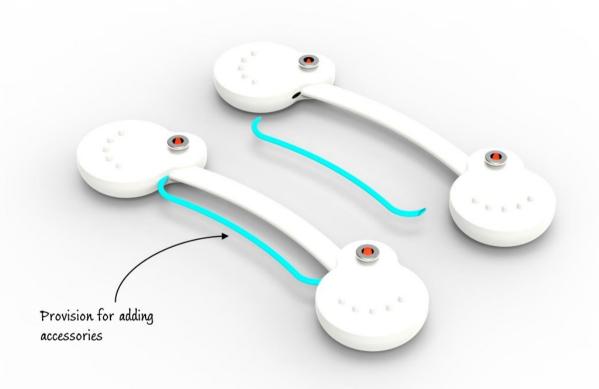




Inspiration

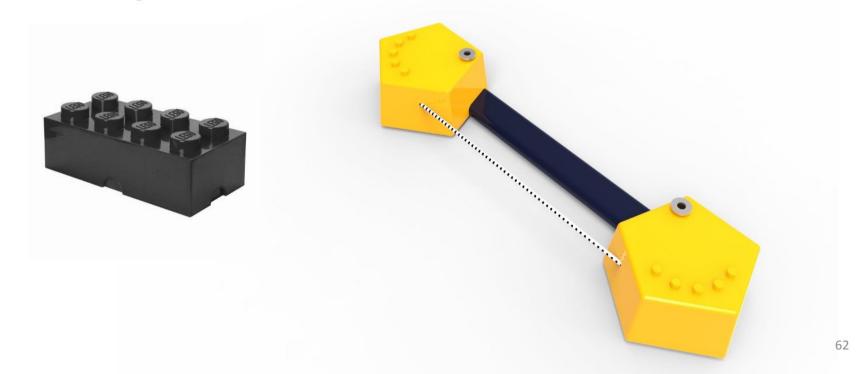
A Bone

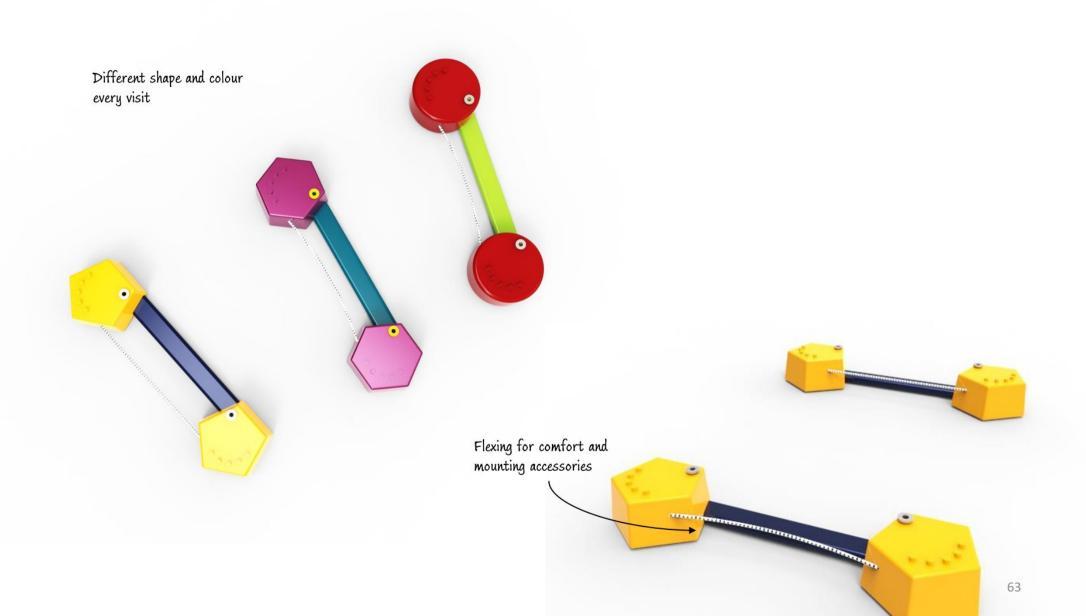




Inspiration

The Lego block





Inspiration

The Telephone toy



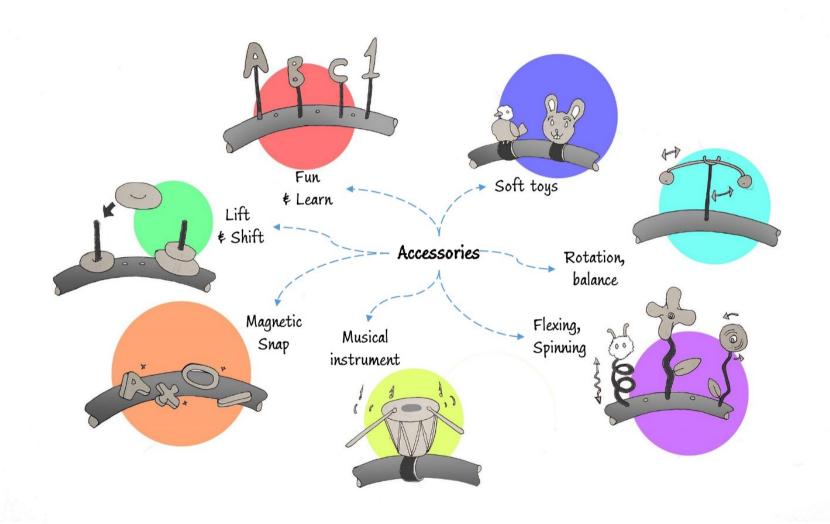


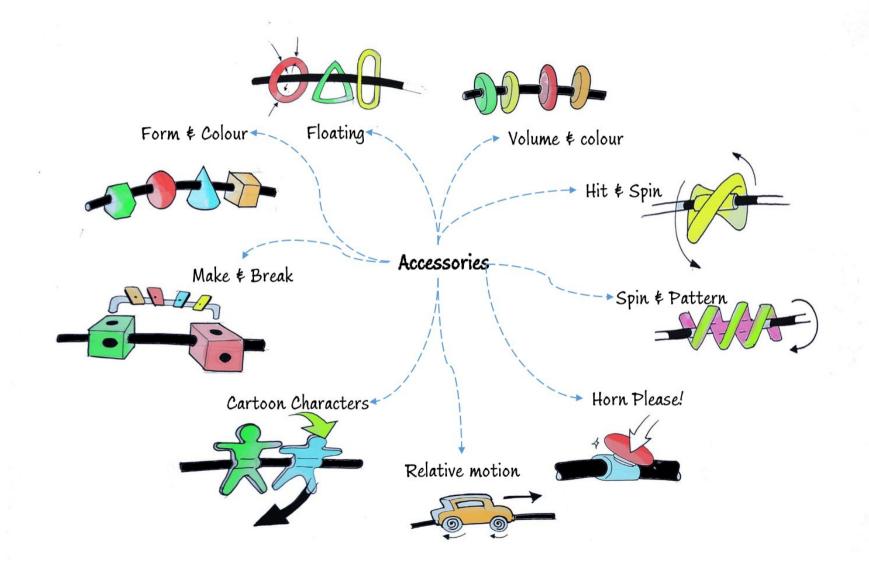


Ideations For Accessories



Bracing becomes burden!





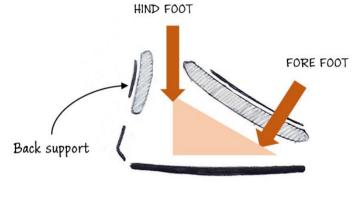
Locating the Foot

Required fastening for foot



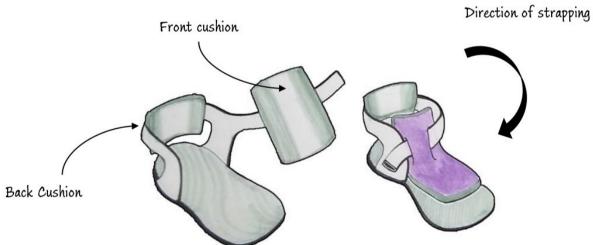
FIG. FOOT DIVISION

http://lfaclinic.co.uk/wpcontent/uploads/2014/11/Slide12-300x179.jpg





Strap coming over mid foot



Ways to Strap



Velcro





Combination of Buckle with Velcro



Lace







Making of mock-up Model

For a reference

Constructing straps around the Model



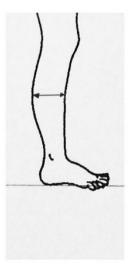




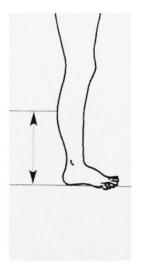


Static anthropometry data for Leg & Foot AGE GROUP 3 TO 4 YEARS

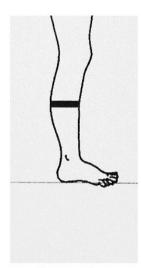
As per SECTION 1.5 Hand book of Child Measurement & Capabilities By Norris & Wilson



Calf Depth 6.5 cm



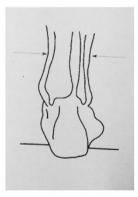
Calf height 18.6 cm



Calf circumference 20.6 cm



Ankle circumference 15.4 cm



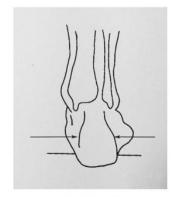
Ankle breadth 3.8 cm



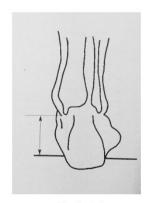
Foot breadth 6.8 cm



Foot length 15.5 cm



Heel breadth 4.6 cm



Ankle height 3.9 cm

Feedback by Parents

- Strapping with **only Velcro** was preferred by all parents
- Visual accessibility of foot and Inspection is easier
- with present way of strapping & flat sole
- Wider front strap would be better

Mock Up and Iterations

TRIAL 2

TRIAL 1

















TRIAL 4











Feedback from Doctors

- To keep the **edge on the internal side straight** with a wall
- Increase the span of cushion from behind the heel

Concept Evaluation for Brace

Criteria	CONCEPT 1	CONCEPT 2	CONCEPT 3	CONCEPT 4
LIGHT WEIGHT	4	1	2	3
CUSTOMISATION	2	3	1	4
SAFETY	3	1	2	4
FORM FACTOR	4	1	3	2
EASE OF CLEANING	4	1	2	3
Average rank	3.4	1.4	2	3.2

Mood board 1 PLAYFUL













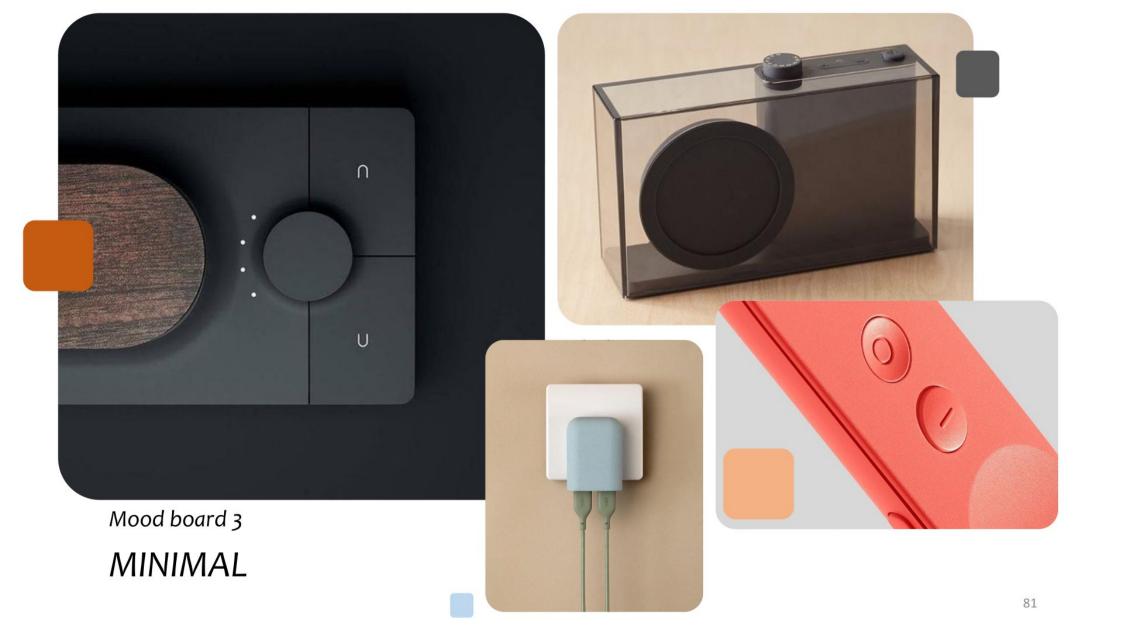
Mood board 2 **SOFT**



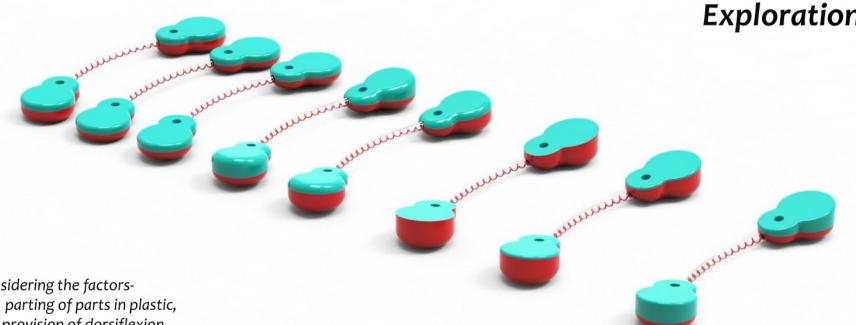








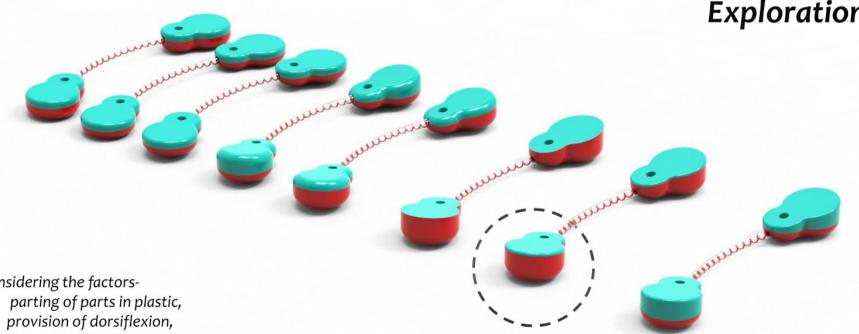
Formal Exploration



Considering the factors-

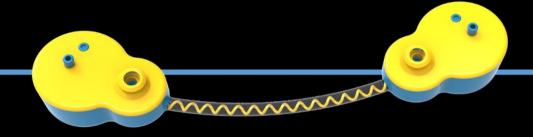
- provision of dorsiflexion,
- structural integrity,
- height of partition above the ground
- and expression from mood Boards some variations were done.

Formal Exploration

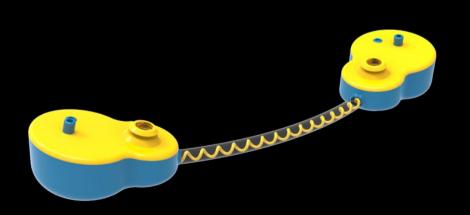


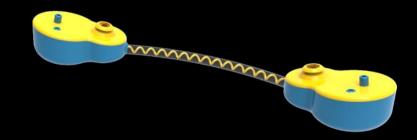
Considering the factors-

- structural integrity,
- height of partition above the ground
- and expression from mood Boards some variations were done.

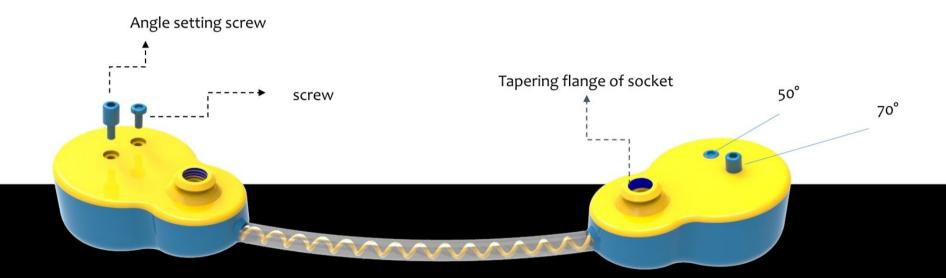


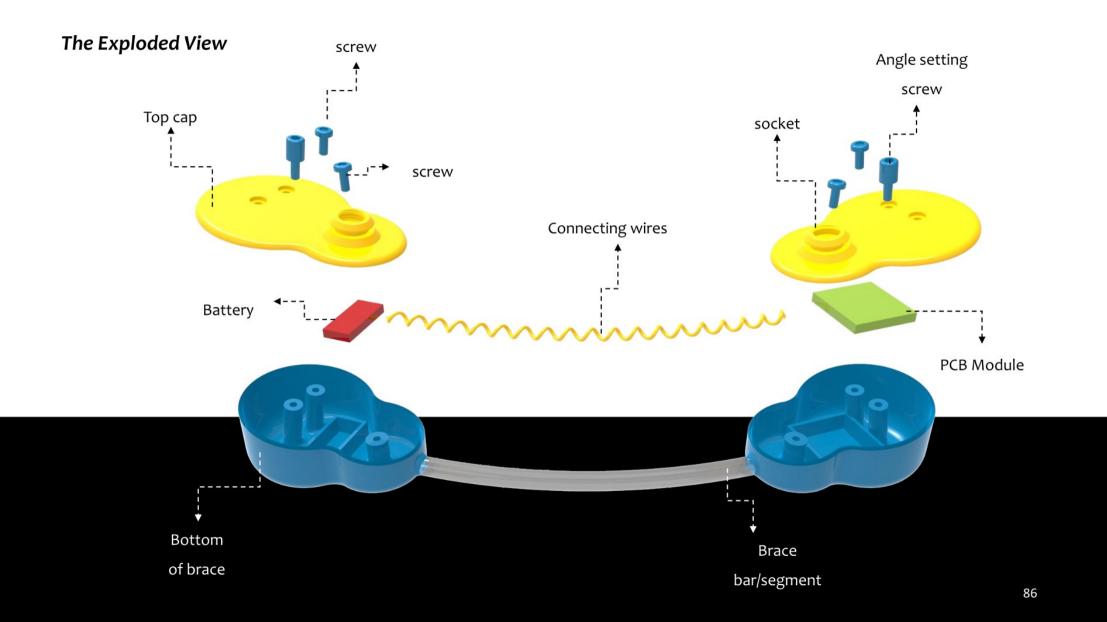
The Brace





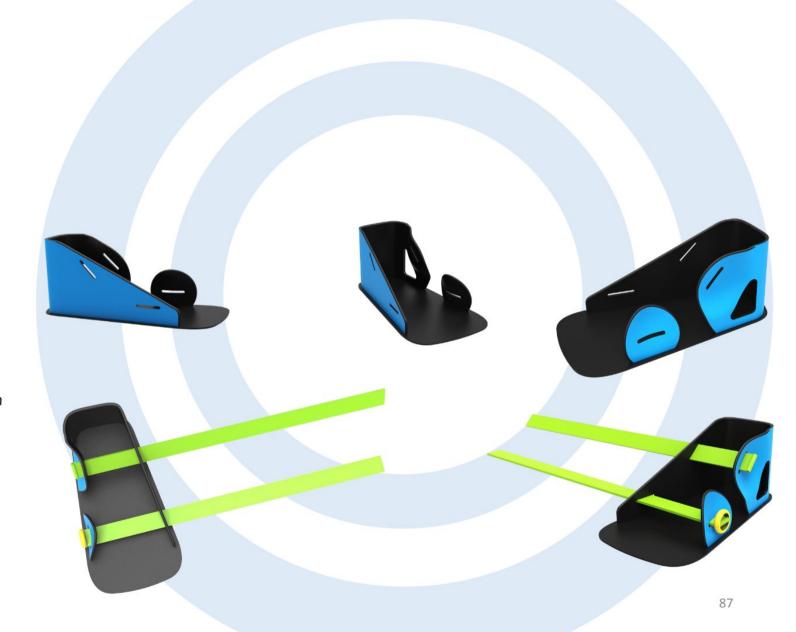
Angle adjustment



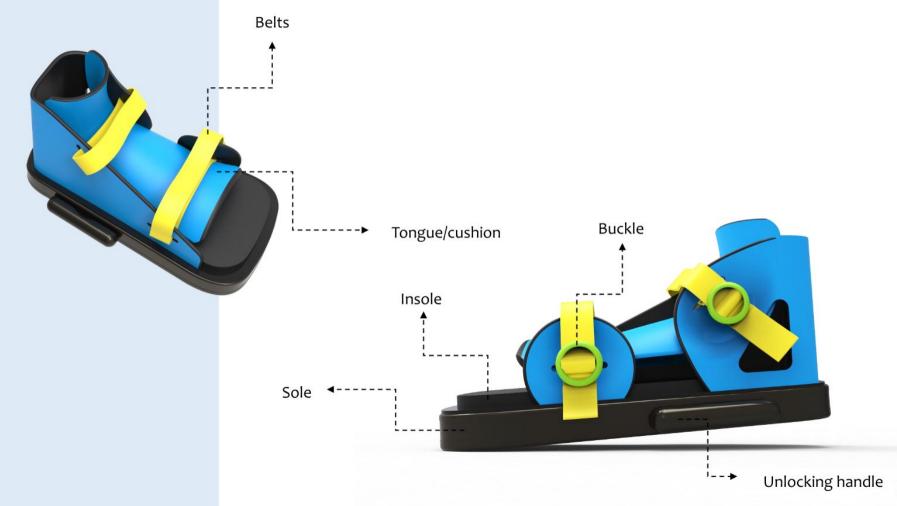


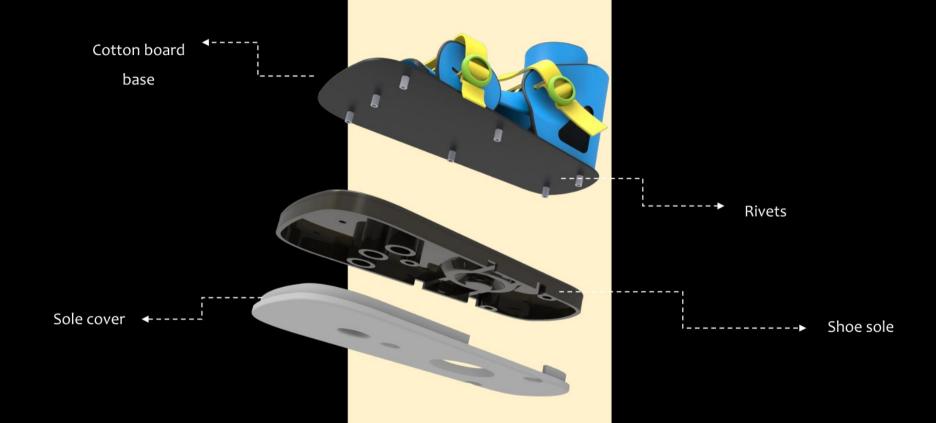
The Foot wear

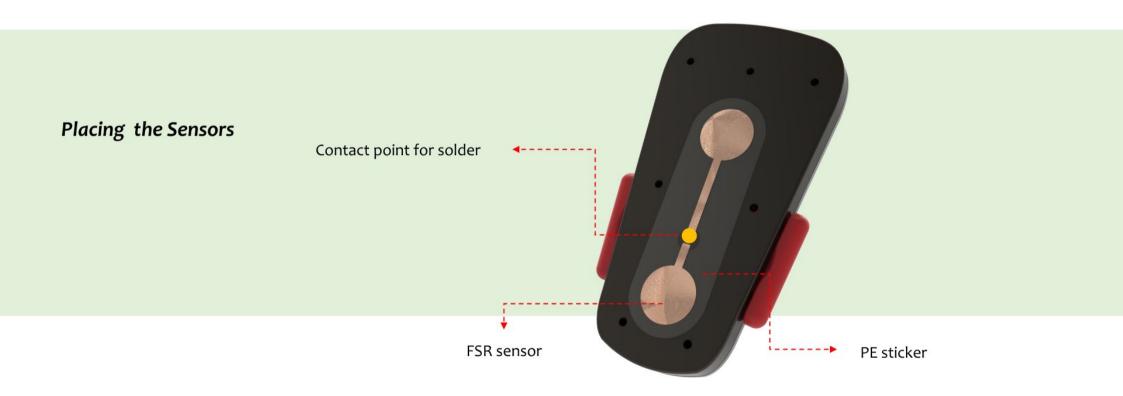
- The shoe walls are constructed in two pieces.
- The straps comes separate and are Velcro fastened
- Buckles are used to tighten the straps.



The Foot wear

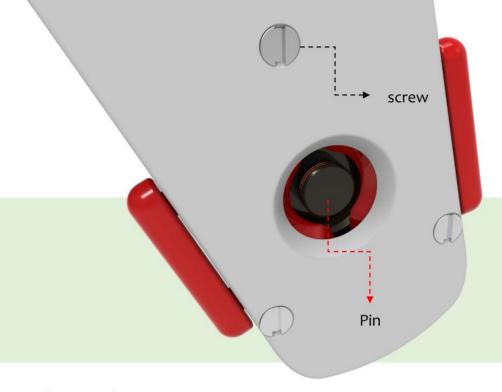






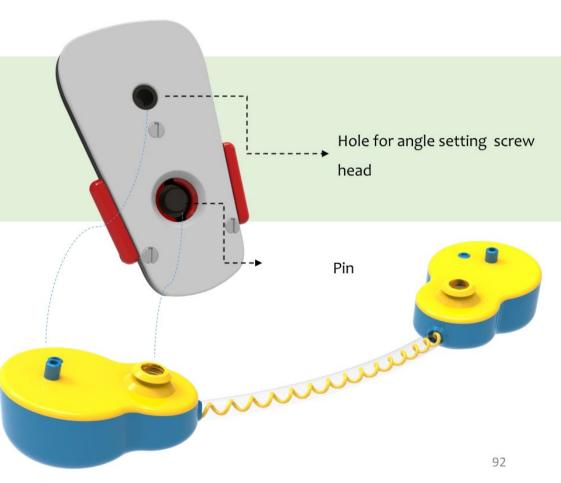
Unlocking handles ◀-----Stainless steel screws Locking plates

Locking Mechanism

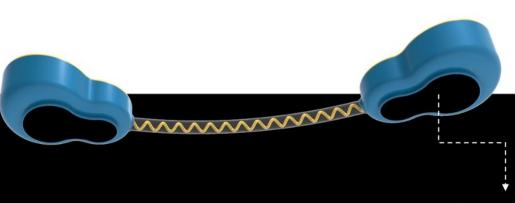


Pin & socket engagement

- The pin and the socket are coupled together to establish a connection for inputs from sensor.
- Pin and socket connection maintains the contact at connection point irrespective of any angular dislocation.



Stable Base





Rubber padding for

better Stiction

Exploring Space-bar

The rationale behind this attachment comes from the child's miss on relating with the present orthosis as an opportunity to interact with and Parent's discomfort of handling the braced babies.







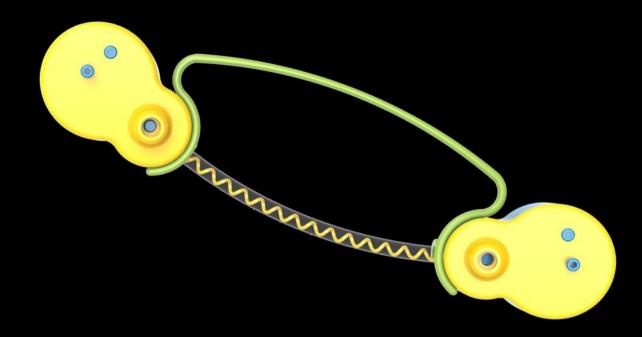




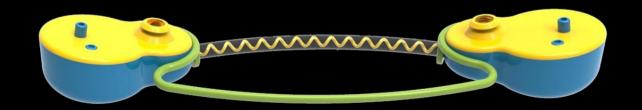








The Space-bar





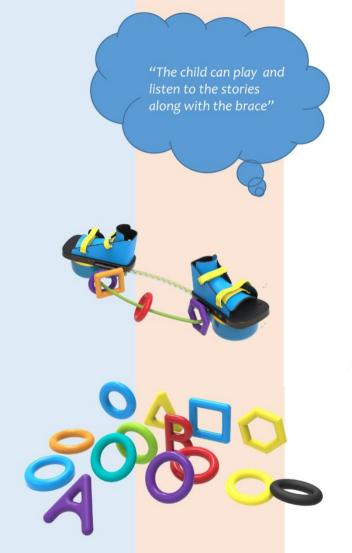
The orthosis would be given to a patient as per the prescribed Brace Size and the Footwear fit. So, it would have a pair of Shoe, a Brace and the Space-Bar.

Toys for Space-bar

The major considerations for designing the toys for the bar are –

- Child's most challenging period of adapting to brace, especially, the duration of 23 hours of bracing schedule.
- Child's visual development.
- Child's physical growth, and motor skills development.
- Situations the child will be subjected
- Portability
- Variety by information
- Ease of cleaning

The inspiration for the toys came from Alphabets, Shapes, Numbers, and Motion.





User Testing & Feedback

Attempt 1









First round of feedback:

- Accessible unlocking eliminates the turning of feet to unlock as in Stanford brace.
- With lace, child will try to take off the leg out of shoe or sometimes he will try to raise his heel inside. This I did not feel with the belts as visual access is increased.
- The shoe was very quick to put on.
- The locking unlocking was difficult initially, but after I learnt it, it was very easy to lock . However, unlocking is still uneasy. An old person may not be able to open it.







Putting the shoe







Putting the brace



Second round of feedback:

- Shoes are very softer and fast to do.
- Lacing is kind of frustrating , often makes us impatient.
- The locking-unlocking procedure is also very simple.
- The brace is more portable as we can detach the shoe.
- It would be good if the brace would be lighter.





Feedback from

Dr Sourabh Sinha

[Consultant for Clubfoot Project at BETiC]

Feedback:

- As far as functionality is concerned, the brace looks pretty good.
- The provision of brace accessory for the child is a good thought.
- As the shoes are redesigned, we need to validate them by a pilot.
- The duration while the child is wearing the brace for 23 hours, child is not mature enough to unlock the brace, so the locking can be simplified.

StepWell Orthosis



The logo is inspired from the form of the product, where the word Step is symbolically resembled by the dots and the word Well is expressed through the foot profile and the curls of connecting wire.

Future Scope

The next step of the project will be

- Plastic engineering of the design,
- To perform simulations to optimise the design,
- To produce working prototypes
- And conduct a pilot.

Followed by validation of design for its effectiveness of Abduction and User compliance.

The next phase of project should also focus on specifying the shoe sizes, number of sizes and brace size

standardisation.

Once the design is validated, the brace and the shoe can be manufactured and distributed by NGOs and Clinics within to the patients.

Conclusion

- This project was an **inclusive opportunity** to understand and learn about one of the **confined health care systems, unidentified healthcare needs and conventionally accepted system/solutions in the country**.
- It surfaced the significant scope of design intervention in health care for a developing country like India.
- During the course of this Project, the Users and the Clinician has shown keen interest in the problem solving and spoke their hearts out about how they lack or miss upon the precise, affordable and qualitative solutions to deal the untouched entities like clubfoot treatment.
- The final prosed design was discussed with Clinicians and the Users, to which, the feedback given was quite positive and motivating.
- In this project, redefining of bracing protocol was attempted and it's actual effectiveness and scope for improvement can be more understood after prototyping and testing of the product.

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FIGURE 1.1	https://orthoinfo.aaos.org/link/1da43939a3fd4d228f7bccf8af172fde.aspx				
FIGURE 1.2	https://emedicine.medscape.com/article/407294-overview	Image References			
FIGURE 1.3	Https://www.Fyzical.Com/boerne/media/img/351574/clubfoot_introo1.Jpg	image references			
FIGURE 1.4	https://clubfootclub.org/wp-content/uploads/2010/06/ponseti-cast-card1.jpg				
FIGURE 1.5	https://pro2-bar-s3-cdn-cf1.myportfolio.com/4c4c5b43d9721670b083172df179a66d/2fb8c845370215.582e157e94e1c_car_1x1.jpg?h=bd	c5f656a6cd4fbcco5678a05f5826ofo			
FIGURE 1.6	https://pro2-bar-s3-cdn-cf4.myportfolio.com/4c4c5b43d9721670b083172df179a66d/fc45bf95-76e3-4a16-a36e-807e6125e169_rw_1200.jpg?h=55e0d49dfd2886d921bob8e8ce63bddb				
FIGURE 1.7	https://0515f2af61d5e3d37aec-a1d11e7882f6a6aa49a62729309b6434.ssl.cf2.rackcdn.com/2016/06/sewing-machine-web-600x400.jpg				
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FIGURE 1.10	https://media.springernature.com/lw785/springer-static/image/art%3A10.1007%2Fs00264-018-3873-3/MediaObjects/264_2018_3873_Fig1_HTML.gif				
FIGURE 1.11	https://www.researchgate.net/profile/Ayman_Jawadi/publication/40900581/figure/fig1/AS:341427298029568@1458414019448/The-Pirani-score.png				
FIGURE 9.2	http://lfaclinic.co.uk/wp-content/uploads/2014/11/Slide12-300x179.jpg				
FIGURE 4.3	https://www.clubfootsolutions.org/wp-content/uploads/2016/12/brace_side_300x300.jpg				
FIGURE 4.6	http://iowabrace.eu/assets/images/img_iowa_brace_03.jpg				
FIGURE 4.7	https://www.dobbsbrace.com/images/dcb.jpg				
FIGURE 4.8	https://markellshoe.com/img/img-1645e.png				
FIGURE 4.9	https://markellshoe.com/img/1934d.png				
FIGURE 4.10	https://www.dobbsbrace.com/images/dcb-cover.jpg				
FIGURE 4.11	https://markellshoe.com/img/denis-brown-bar.jpg				
FIGURE 4.12	https://markellshoe.com/img/denis-brown.jpg				
FIGURE 5.36	https://image.slidesharecdn.com/12-150417055625-conversion-gate01/95/transfemoral-static-alignment-4-638.jpg?cb=1429250744				

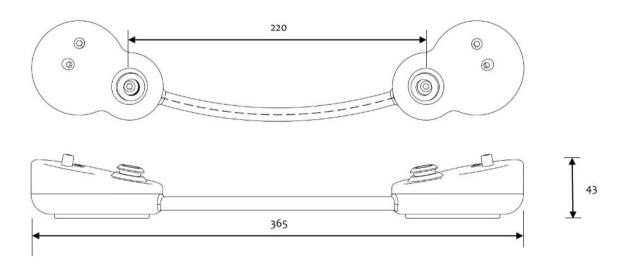
Fin.

THANK

YOU

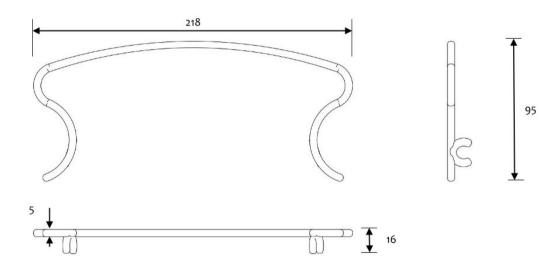
Basic Dimension

Brace

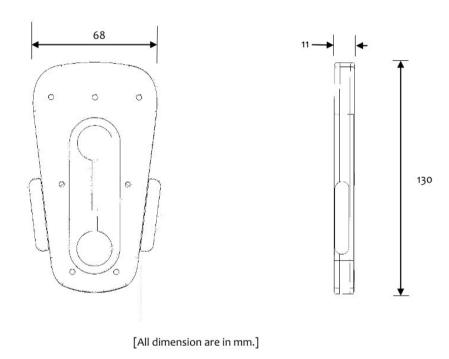


[All dimension are in mm.]

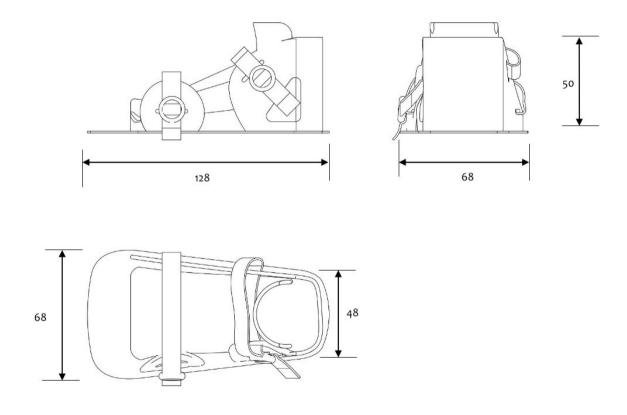
Space Bar



Sole box

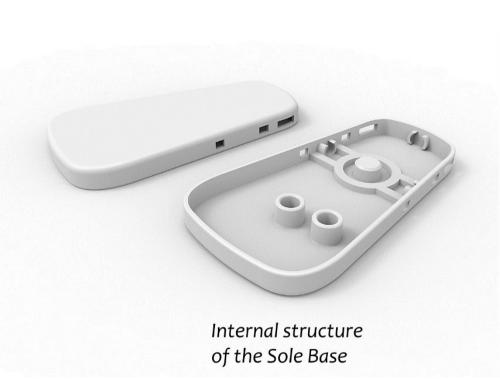


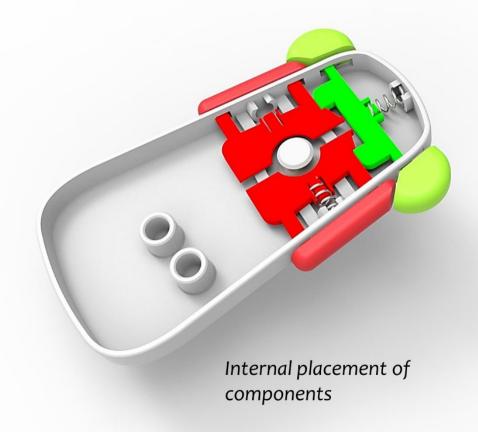
Shoe



[All dimension are in mm.]

Designing the Sole Base





Internal placement of components



Locking by Sliding of plate with a push

