



## ORTHOTECH VARIO-STABIL

- \* Early functional treatment of Achilles tendon rupture after surgical and conservative treatment
- \* Stability aid at reduced stress capacity and pain at movement in the area of the lower leg and the rear of the foot by use as a flexible arthrodesis boot
- \* Aftertreatment of fractures and arthrodeses in the area between the tarsal and the distal lower leg
- \* Compensation for muscular function impairment (paralysis) in the area of the lower leg and foot
- \* Improved anatomically adjusted supporting tab
- \* With heel wedges for treatment in pes equinus position at 130 to 100 degrees
- \* PI-shell sole with heel pad

Plastic tab can be thermoplastically shaped and thus customised.

## EXAMPLES FOR FURTHER PRESCRIPTION OPTIONS

### DIAGNOSIS: ANKLE FRACTURE

1 pair ORTHOTECH Vario-Stabil: 31.03.03.1000  
with raised shaft on the left/right, padding, and reinforcement, as well as static and functional adjustment of the other side

### DIAGNOSIS: HISTORY OF ARTHRODESIS OF THE UPPER ANKLE JOINT

1 pair ORTHOTECH Vario-Stabil: 31.03.03.1000  
with raised shaft on the left/right, padding, and reinforcement, as well as static and functional adjustment

### DIAGNOSIS: PAIN AT MOVEMENT/FUNCTIONAL WEAKNESS/ STATIC INABILITY TO BEAR WEIGHT AND THE LIKE

1 pair ORTHOTECH Vario-Stabil: 31.03.03.1000  
with raised shaft on the left/right, padding, and adjustable reinforcement elements (can also be used in place of a cast for temporary immobilisation and guidance due to...)

# ORTHOTECH®

ORTHOTECH GmbH · Gutenbergstraße 5 · 82205 Gilching GERMANY

Tel: +49 (0)8105 - 77791 - 0 · Fax: +49 (0)8105 - 77791 - 20

info@orthotech-gmbh.de · www.orthotech-gmbh.de

Version 5-12/2025



# ORTHOTECH®

**THERE'S  
MORE IN IT!**

VARIO-STABIL (BLACK)  
NOW ALSO AVAILABLE WITH  
MUCH **GREATER VOLUME.**

## VARIO-STABIL

Permits constant adjustment  
to changing treatment progress

## ADVANTAGES

### Advantages of early functional treatment with ORTHOTECH therapy shoes:

#### FASTER HEALING

- \* Earlier weight-bearing possible
- \* Shorter inability to work

#### HIGHER COMFORT

- \* No crutches or voluminous bandages
- \* Accessible for body hygiene
- \* Rolling support by heel roll
- \* Heel pad
- \* Available in widths H and L

### Superior treatment as compared to:

#### CAST

- \* Reduced thrombosis treatment
- \* Wound treatment possible
- \* No multiple treatment necessary

#### HARD PLASTIC BANDAGES

- \* Preservation of symmetrical gait and body statics
- \* Greater mobility

Vario-Stabil white-grey / width H



Vario-Stabil black / widths H and L



## INDICATION ACHILLES TENDON RUPTURE

### PRESCRIPTIONS

1 pair ORTHOTECH Vario-Stabil: 31.03.03.1000  
with raised shaft on the left/right, padding, and  
reinforcement, as well as bilaterally raised heel

The question of surgical or conservative treatment is secondary for  
use of the ORTHOTECH Vario-Stabil. It uses the advantage of early  
functional treatment!

- \* Pes equinus position at 130 degrees at delivery of the Vario-Stabil  
on both sides to optimise symmetrical gait
- \* Gradual reduction of the heel wedges possible in steps of 1 cm
- \* Plastic tab can be thermoplastically shaped and thus customised  
to the patient

### Treatment progress – always to be coordinated with the attending physician!

- |  |  |
|--|--|
| 1 <sup>st</sup> – 4 <sup>th</sup> week:  | pes equinus position at 130 degrees<br>corresponding to approx. 3 cm heel height |
| 5 <sup>th</sup> – 6 <sup>th</sup> week:  | pes equinus position at 120 degrees<br>corresponding to approx. 2 cm heel height |
| 7 <sup>th</sup> – 8 <sup>th</sup> week:  | pes equinus position at 110 degrees<br>corresponding to approx. 1 cm heel height |
| 9 <sup>th</sup> – 12 <sup>th</sup> week: | Raised heel no longer necessary once the tendon<br>has recovered sufficiently    |

### Wedge treatment in pes equinus position at 130 to 100 degrees on both sides



## INDICATION ARTHRODESIS

- \* Use of the side rods as necessary. It is not always necessary to  
fully immobilise the upper ankle joint, and this may be only the  
initial treatment while particular stabilisation is required.
- \* Use the elastic outer tab only at need.  
The lower leg-foot angle can usually be set flat.
- \* The heel wedges can be removed.

