Plantarflexion, unlike a rigid plaster cast, accommodates to voluntary or involuntary ankle give. Powerful dorsiflexion force, but orthosis. Strong springs in joints beside 14. Contracture-correcting ankle-foot activity. TurboMed Orthotics.com. Figure shoe, said to facilitate sports and high ankle foot orthosis. Worn outside Orthotix.co.uk. Figure 13 Turbomed internet. Works best with lace up shoes. Elastic foot lifter. Only helps in swing ankle rests in neutral position. Figure 5 patients to buy from internet. Assumes stiffness limits effect in stance. Safe for patients to buy from stock for same day supply. Modest to be kept in physiotherapy or orthotics spring ankle foot orthosis. Cheap so likely to be kept in physiotherapy or orthotics stock for same day supply. Modest stiffness limits effect in stance. Safe for patients to buy from internet. Assumed ankle rests in neutral position. Figure 5 Elastic foot lifter. Only helps in swing phase. Safe for patients to buy from internet. Works best with lace up shoes. Orthotix.co.uk. Figure 13 Turbomed ankle foot orthosis. Worn outside shoe, said to facilitate sports and high activity. TurboMed Orthotics.com. Figure 14 Contracture-correcting ankle-foot orthosis. Strong springs in joints beside ankle give powerful dorsiflexion force, but accommodates to voluntary or involuntairy plantarflexion, unlike a rigid plaster cast. (see Kirker S, et al. page 312, 313, 315).