

# THANK YOU



key workers!



## Turning Points

- Thank you to the NHS and other essential workers that are working together to support, Steeper teams affected by the Coronavirus pandemic! •

# CEO message

## Paul Steeper

Over the last few weeks we have seen unprecedented changes, but the one thing we have noticed is the trust and value that our people have shown in us. Pulling together and working safely to ensure we can continue to provide the essential supplies to the NHS, our clients and patients. We want to thank everyone that has shown us support, waited patiently to speak to one of our team and most importantly helped us to keep safe, it is with immense gratitude that I personally express this.

We know that in these times, it can be overwhelming to hear the constant stream of Coronavirus updates, which is why we have chosen to share with you some of our other news from across the Steeper Group. We hope you enjoy this issue, and please do share any feedback to [marketingteam@steepergroup.com](mailto:marketingteam@steepergroup.com).

Best wishes and stay safe,



## SteeperUSA relocate to a new head office



**09:00, Tuesday 17th March was the moment SteeperUSA relocated into their new US head office. With plans firmly set on growth, the move enables the team to continue to provide exceptional products and services; fulfilling our perpetual aim of creating life's turning points for our valued customers, patients and our people, whilst giving further room for meeting and training spaces and increased goods handling areas.**

For 10 years, SteeperUSA has had a strong presence in Texas, something we are very proud of, and therefore it gives us great pleasure to announce the opening of the new office in San Antonio, Texas. The move to the new location will allow SteeperUSA to better serve their US customers, with more accessibility and opportunities to expand partnerships throughout the USA. The additional space will enable the team to improve efficiencies through an increased stock holding facility, and a new state-of-the-art conference and training zone.

The team at SteeperUSA would like to thank customers, partners and suppliers for their continued support throughout the move, and look forward to working together in the future.

SteeperUSA's new address is:  
SteeperUSA  
8666 Huebner Road  
Suite 112  
San Antonio  
Texas  
TX 78240

To ensure that operations continue to run smoothly and without disruption, please update your records, and ensure that all correspondence is addressed to the team at the new site.

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We would love to hear from you!  
Please send your feedback to:  
[marketingteam@steepergroup.com](mailto:marketingteam@steepergroup.com)

## SteeperUSA exhibit at AAOP

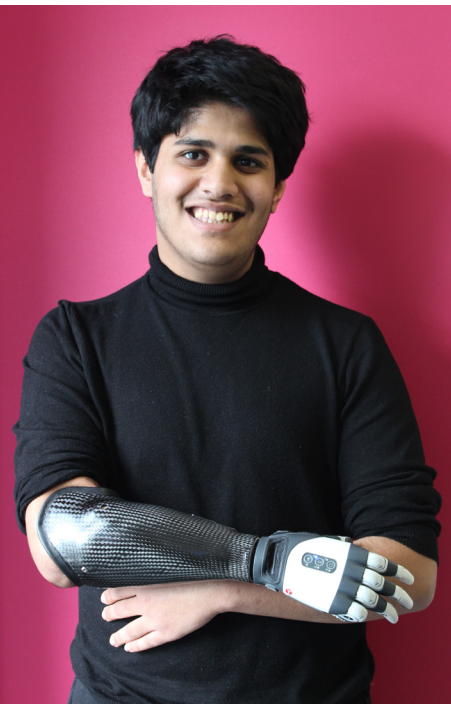
This year the Academy's (AAOP) 46th Annual Meeting took place in Chicago where SteeperUSA exhibited their range of upper limb components and cosmesis.

AAOP 2020, held between the 4th and 7th March, saw many visitors from the orthotics and prosthetics profession gather for its 46th Annual Meeting. Attendees enjoyed numerous educational opportunities throughout the assembly including the chance to view Steeper USA's range of cosmetic gloves and Skinergy Plus cosmesis, which proved ever popular with clinicians, technicians and users who visited the booth. Bridget Salinas, US Sales Director, said: "AOPA was a great success with many attendees stopping to check out the range of cosmeses we offer and to discuss prosthetic solutions."

Overall, the event was a great success. A huge thank you to everyone who attended and came to visit the team at our stand. If you would like more information about upcoming conferences, please contact [marketingteam@steepergroup.com](mailto:marketingteam@steepergroup.com) or follow us on social media and sign up to our newsletter for new product updates.



## First TASKA™ Hand Fitted in the UK by the LPC



We are proud to announce that the first TASKA™ Hand has been fitted in the UK by the team at The London Prosthetic Centre! Originating from New Zealand, this multi-articulating hand is one of the first of its kind, with features including a fully waterproof rating and optimised durability.

The patient who received the TASKA Hand is a 15-year-old below-elbow amputee from Qatar, who had never previously worn a prosthesis. After having trialled other multi-articulating hands, he favoured the TASKA due to its simplicity of use, durability, and it's sleek cosmetic appearance.

Consultant Prosthetist Abdo deemed the TASKA Hand to be the most suitable device for his client, who he felt would likely be an active user – therefore more likely to expose his device to the elements such as water and dust. He also took into consideration the fact the patient lived outside of the UK, so by having a more durable and robust hand would require minimal trips for repairs and maintenance.

Abdo said of the prosthesis: "Newer technologies are not always straightforward to endorse clinically. However, the TASKA Hand's ease of use, patient-friendly features, functional outcome, durability and cosmetic presentation made its endorsement much easier. Our patient was delighted with the features and look of his new hand."

At The London Prosthetic Centre, we pride ourselves on being able to fit our clients with a variety of multi-articulating hand solutions available to best suit their needs. The TASKA Hand is a valuable addition to our portfolio with its unique features, including:

- Patient friendly iOS and Android Apps for self-customisation
- Durable design enabling the user to lift up to 20 kgs
- Flexible, multi-articulating fingers and high-speed rotating thumb for a secure grasp
- 23 grip patterns operated via EMG (muscle) triggers, or using the low-profile grip button on the back of the hand
- IP67 waterproof rating allows it to be submerged in up to 1m of water
- Built in flexion wrist which can be locked into three positions
- Ease of assembly and set up for the clinician
- Magnetic battery pack

For more information on the TASKA hand, please visit [www.londonprosthetics.com](http://www.londonprosthetics.com) or e-mail [marketingteam@steepergroup.com](mailto:marketingteam@steepergroup.com).





# The Official Opening of the Prosthetic Service at Kagando Hospital, Western Uganda

Feature written by Alasdair Gilbertson, Steeper Prosthetist (Portsmouth)

*This feature details the hardwork and dedication of the staff and volunteers at the Kagando Hospital in Western Uganda, and the vital support of the Friends of Kagando and Rotary International. Steeper Prosthetist Alasdair Gilbertson reached out to the charities to aid his initiative to set up a Prosthetic and Orthotic Centre at the hospital. After years of research and organisation, Alasdair visited the hospital at the end of January this year, to witness the opening of the Prosthetic Limb Workshop. Read on to find out what inspired this project, and the patients whose lives are already being changed by the service.*

The World Health Organisation (WHO) estimated that 80% of the world's disabled population live in developing countries. Disability is often considered to lead to stigmatisation by wider society, with many disabled people, including amputees, unable to lead normal lives.

In Uganda alone, there are thousands of people who require a prosthetic or orthotic device, which combined with an average daily wage of 98p, has resulted in many disabled people being unable to access the health and rehabilitation services they require - as well as finding it difficult to work and marry. Against this background of need, Uganda's prosthetic and orthotic services themselves are struggling with under-resourced facilities, weak supply chains and a lack of national strategy.

90% of amputations in Uganda are due to trauma, many of which are the result of road traffic accidents or landmines. There has also been a sharp rise in Type 2 Diabetes along with Leprosy still being a significant issue in this area of Africa, with many children being affected. One Ugandan hospital reported performing almost 100 amputations in one year, most made up of children abducted and forced to fight as child soldiers.



## About the Kagando Hospital

The Kagando Hospital is situated on the equator, close to the border of the Democratic Republic of Congo (DRC). Kagando is a General Hospital treating all types of medical conditions and carrying out routine surgical procedures. It is also a teaching hospital, and provides health services including palliative care and specialist seating for the community. Patients will often cross the border from Congo to access treatment at the hospital.

## Charity Support

*Friends of Kagando* is a registered UK charity who were set up to support Kagando Hospital in Western Uganda, by raising vital funds, providing equipment and creating a support network for those who work there.

Nine years ago I visited Kagando with the charity and realised the need for a Prosthetic and Orthotic service in the area. The Red Cross had previously run a rehabilitation clinic several hours away in Fort Portal, but this closed down several years ago and there has been no prosthetic service in Western Uganda since.

My visit led to some detailed research and I eventually approached Rotary International, who agreed to fund a new prosthetic service at Kagando Hospital. Working in partnership with the hospital and the local Rotary Club, funding was used to build a new Jaipur Limb Workshop - complete with equipment and materials.

## The Jaipur Limb Initiative

The Jaipur limb was developed in India, and consists of a socket and shin made from Pelite (foam), water pipe, and a foot manufactured from recycled tyres. Transfemoral prostheses have a plastic thigh section also made from water pipes, and side steels with locking knee joints. These prostheses are waterproof, very durable, and the foot is compliant when walking on slopes and over uneven ground.



One of the first patients at Kagando

## The Limb Workshop

Keen to support this project, Kagando Hospital recently appointed Ronald, a technician who has trained in both prosthetics and orthotics at the main hospital in Kampala. The Kagando Prosthetic Workshop was then officially opened on 28th

January this year, where Ronald has already started to treat patients and produce prostheses. Patients are assessed, cast, and the prostheses manufactured by Ronald on site. He uses a GRADIA laser alignment system to ensure the correct bench alignment of the prostheses, and can also be used to align both transfemoral prostheses and orthoses. As well as prosthetics, the centre also provides specialist seating, footwear for Leprosy patients, and in the future is hoping to develop an orthotic clinic.



GRADIA laser alignment system



Ronald trimming down a prosthesis

## Patient Success

Uganda has a relatively young population, with many amputees being children who have been born with congenital deformities that are not commonly found in the UK. One particular case has stuck in my mind of a young five-year-old boy whose mother bought him to one of the rural outreach clinics run by the rehabilitation team. He had managed to get a prosthesis when he was three, but this was now too small and the patient was unable to walk due to the discomfort of the socket. Also at some point, the prosthesis has been repaired using part of a tree to replace the shin and foot.

It was a positive experience to work with Ronald to assess the child and know that he was to be invited to the Prosthetic Centre at Kagando to receive a new prosthesis. The Kagando Prosthetic Service although only operational for a few weeks, is already making a difference to people's lives.



Young patient at the rural outreach clinic with old prosthesis

## A Huge Thanks and Future Support

*Friends of Kagando* are very grateful to the Rotary Club for the funding of the centre, and Kagando Hospital is now responsible for all costs going forward. This includes Ronald's monthly salary and the cost of each new prosthesis. On average, a below-knee prosthesis costs them £58 to produce, and an above-knee prosthesis £89, with each device intended to last approximately five years.

The hope is that each patient would pay for their prosthesis which would make the service self-sustainable, but unfortunately with the level of poverty in Uganda it is unlikely that many patients will be able to afford the full cost. This presents an ongoing challenge for the hospital.

If you would like to receive updates on the service at Kagando Hospital, or would like to know how you could support the prosthetic centre, please contact me via the email below.

## Alasdair Gilbertson

Steeper Prosthetist at the Portsmouth Enablement Centre **Contact: [alsadair.gilbertson@steepergroup.com](mailto:alsadair.gilbertson@steepergroup.com)**

Want to find out more about Friends of Kagando?  
Visit their website:  
[www.friendsofkagando.co.uk](http://www.friendsofkagando.co.uk)



The official opening of the Prosthetic Centre



# Fundraising February

February saw our fundraising efforts focus on two charities: LimbPower and The Friends of Kagando. As part of LimbPower's Amputee Febrewary teams at Steeper HQ and Leeds Teaching Hospitals Seacroft centre collaborated on bakes, raffles and joined for a celebratory coffee morning. As a company, we are proud to support LimbPower in helping to "engage amputees and individuals with limb impairments in physical activity, sport and the arts to improve their quality of life and to aid lifelong rehabilitation."



# Haidar Abdali joins The London Prosthetic Centre

Haidar Abdali recently has joined the team at The London Prosthetic Centre. Haidar has over 14 years' experience within NHS, Military and Private clinics in and around London. Due to his exposure to some of the UK's most renowned clinics, he brings with him his passion to provide the latest technology and experience with innovation within the prosthetics industry. His experience covers a wide range of aspects including complex trauma, multiple amputations, upper extremity, osseointegration, congenital limb deficiencies and rare site amputations.



For more information visit: [www.thelondonprosthetics.com](http://www.thelondonprosthetics.com)

# Attachment Parenting: How this new trend is helping combat plagiocephaly

Attachment parenting is not a new phenomenon but is rising in popularity with new parents. One of the key principles is to promote the attachment of parent and baby through continued closeness. The belief is that this approach will foster both parent and child confidence. This is because the parent learns to appropriately identify and respond to their baby's signals, and baby feels assured that their needs will be met. In achieving continued closeness, babywearing through the use of a sling, wrap or carrier has increased significantly amongst new parents who adopt this approach. Furthermore, the continued use of baby carriers, and for larger proportions of the day, means that babies tend to spend less time on their backs and instead adopting a tummy to tummy position. There are several benefits to this, most notably is that being in an upright position is removing the pressure of any flattened spots, the neck and back muscles are being developed which will enable baby to roll, crawl and walk as they grow and in some cases, the motion of being upright can also help with any digestive problems and may help to relieve the symptoms of Colic\*. In addition to helping to reduce plagiocephaly, one surprising benefit of this parenting style was described in a 2019 meta-analysis. It showed that children with parents who were in tune with and attentive to their emotional and physical needs were over two times more likely to develop better language skills than children who did not experience this style\*\*.



Here at Steeper Clinic, we continue to promote the use of tummy time and tummy-tummy time as these are essential in helping your baby to grow. If you are concerned about your baby's head shape or would like some further advice then please visit our website: [www.steeperclinic.com](http://www.steeperclinic.com) or contact us on 0113 207 0432 or e-mail [enquiries@steeperclinic.com](mailto:enquiries@steeperclinic.com).

\*Please contact your GP if you are concerned about your baby or if you would like further advice on the treatment of Colic. Valerie Sung, Infantile colic, 2018, [www.ncbi.nlm.nih.gov/pmc/articles/PMC6091773/#r37](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6091773/#r37)  
\*\*Sheri Madigan, Heather Prime, Susan A. Graham, Michelle Rodrigues, Nina Anderson, Jennifer Khoury and Jennifer M. Jenkins, Parenting Behavior and Child Language: A Meta-analysis, Pediatrics October 2019, <https://doi.org/10.1542/peds.2018-3556>

# Made to Measure Footwear Featuring QuickFit™ Lacers

**13:05, Monday 3rd October was the moment Lee proudly tried his new boots on, fastening them in seconds.** From a young age Lee was diagnosed with Hemiplegic Cerebral Palsy. The condition means that he has a paralysis affecting his right side - he has a right leg that is shorter than the left, a plantarflexion contracture at the ankle and very limited use of his right hand. For years, Lee has used off-the-shelf footwear, however, he recently turned to his Orthotist Connor to help improve his gait.

Connor could immediately see that Lee would benefit from custom footwear and despite Lee's difficulty with tying laces, Lee was adamant that they would be the option for him. *"Working in an internal office delivery service in London - Velcro shoes are not appropriate for me at work. Laces look smarter and are more formal."*

Seeking a solution, Connor looked at the Click Medical QuickFit Lacers, and after discussions with the Orthotic Technicians Lee's boots were manufactured with the system in place. When Lee saw the boots he was delighted, he had a pair of boots that not only looked smart but were easy to put on, and the custom fit has enabled him to improve how far he can walk and his speed.



## Manufacturing Process

Our Orthotic Technicians are fully adept at utilising the very latest in fastening solutions to provide shoes for individuals with complex footwear needs and specific style requirements. All of our footwear utilises the highest quality materials available and follow strict quality standards to ensure our patients receive the best product for their needs.

For more information on bespoke footwear please contact [orthoticenquiries@steepergroup.com](mailto:orthoticenquiries@steepergroup.com).



## Features and Benefits

- Available in 4 kit sizes: X-Small, Small, Medium and Large
- Nylon-coated steel lace used for high strength and low friction
- Low-profile dial and lace guide design
- Available for UK shoe size 2-8+
- Double-cap press-fit steel rivets are easy to install using the QuickFit tool
- The easy-grip BOA™ dial means users can easily achieve uniform compression with a one-handed twist, adjusting the fit in seconds



# Our People Case Studies



## Jess Gilroy

Graduate Prosthetist

**Job Role:** I have been a prosthetist for two years in Hull, having moved from my hometown in Cumbria. My interests are microprocessor knees, veterans, and paediatric prosthetics.

### How did your career at Steeper begin?

I started working at Steeper's Hull clinic after I graduated - which is a smaller centre so I had a full patient list quite quickly. A variety of prosthetists from the company supported me to begin with, and taught me new techniques such as MPKs, and HiFi and bikini sockets. After a couple of months I was working solo with all sorts of patients and amputation levels. Since then I have held an education course for other members of the rehabilitation team on particular patient cases, become the lead for MPK trials at the centre and mentored work experience students.

### What are your career goals?

My career goals involve developing my practical skills through the company's training schemes, and getting involved in the Steeper Innovation Forum.

### What is your advice to graduates?

My advice to new graduates looking for clinical service roles would be don't limit your options of jobs by wanting to stay closer to home, as the company will support you through this process.



## Alex Callaghan

Clinical Services Manager

**Job Role:** I studied at the University of Salford, and currently lead the Yorkshire Orthotic Clinical Services team.

### How did your career at Steeper begin?

I began my Steeper career in 2008 as an Orthotist based in Leeds, and have specialised in paediatric, Plagiocephaly, Pectus Carinatum, and complex foot and ankle presentations. I am also interested in researching technology which will aid orthotic treatments. The company allowed me to specialise in paediatrics, and I was offered the opportunity to travel to Florida to gain clinical insight into orthotic helmet treatment for Plagiocephaly. I also helped to form an MDT treating Pectus Carinatum patients in Leeds, which required the design and manufacture of our own treatment brace in-house. In 2014 I was promoted to Clinical Services Manager of the Yorkshire team, which involves the strategic development of orthotic services and clinicians regionally.

### What is your greatest achievement?

My greatest achievement was helping establish the Leeds Pectus Carinatum Clinic. This still thrives today and continuously produces positive outcomes for patients.

### What are your career goals?

Steeper recently provided me with the time and support to undertake an MSc Leadership in Health and Social Care, which I hope will help shape me as a strong leader and progress to more senior management roles within the business.