

Points Turning

Steeper Newsletter Issue 08 2018



CEO message

Paul Steeper

Welcome to our latest issue of Turning Points. The new year is now upon us and we are pleased to announce some exciting new developments within the company. With a new prosthetics lower limb catalogue available to download now, we are certainly starting 2018 as we endeavour to continue.

In this issue we are also pleased to share with you highlights from our centres, paediatric prosthetic developments and new product updates such as the Quha Zona; a revolutionary “new wireless gyroscopic mouse”.

We hope you enjoy this next issue, and please do share any feedback to marketingteam@steepergroup.com.

Best wishes,



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We would love to hear from you!
Please send your feedback to:
marketingteam@steepergroup.com

Meet the cover star of our new Lower Limb Prosthetics Catalogue

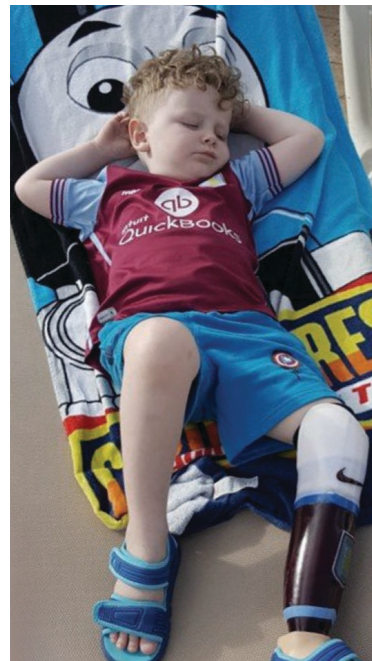
We are delighted to have recently launched the new Steeper Lower Limb Prosthetic Products catalogue. The catalogue is available to download at www.steepergroup.com or by contacting marketingteam@steepergroup.com.

Our partnerships with world-class manufacturers ensure that we can provide complete coverage across our prosthetics products portfolio and are able to offer clinical independence to clinicians and patients. From well-established products to suit a range of users with a variety of activity levels to the latest innovations and microprocessor technologies, our coverage is truly extensive.

Taking pride of place on the cover of our new catalogue is Stuart Meikle, a keen athlete and patient at Seacroft Hospital in Leeds. Leaving his prosthetic care to the experts at Leeds Seacroft Hospital meant that Stuart was able to focus on his family and his business. Leading a busy life, cycling had always been a passion of Stuart's and a way for him to keep fit and healthy whilst enjoying the countryside on his doorstep. As a keen cyclist, Stuart had long been provided with a prosthesis that enabled him to enjoy the adrenaline rushes from a cross-country bike trail. With the development of the Kinegen Stream Knee and its tailored free swing mode, Asad, Stuart's prosthetist recommended that he trialled the knee to provide him with an even more comfortable ride. Keep an eye out in the next issue for more on Stuart's journey.



Carter Carrington: #partofthepride



Carter Carrington, pictured above and his new Aston Villa inspired prosthetic leg pictured below.



Last year, we shared with you the wonderful story of Carter Carrington, an Aston Villa fan and mascot who was fitted with a personalised Aston Villa prosthetic leg. Now, Carter is making the headlines again in a feature film by the club as part of their #partofthepride campaign.

To watch the full video please visit the Steeper Facebook and Twitter pages.

In the film, Carter describes the designs for his prostheses in which he has chosen, from Thomas the Tank Engine to Aston Villa. Enabling Carter to decide what theme his leg has been, has helped immensely with his rehab. Stephen, commented, “It does make a big difference for him being able to choose what he wants on his legs. His first ever one, fitted when he was just over a year old, was also Villa-themed and his second one featured Thomas the Tank Engine.

This is his third and he was desperate to have a Villa leg again!” As a Villa fan himself, Stephen is pleased to help young Carter in any way that he can and the fact that the design is a team after his own heart makes the designing process equally enjoyable for him.

Personalisation within paediatric prosthetics has been a key area of development over the last two years, with the Department of Health announcing a £1.5m investment into improving prosthetics provision for children in 2016. Since then, clinicians, families and amputees themselves have been working together to improve the prosthetic provision to children and ensuring that there is a balance of ‘clinical pull’ and ‘technical push’ to create an environment in which innovations and new developments can thrive.

With the help of his Steeper prosthetist, Stephen Cox, at the Portsmouth Enablement Centre. Carter has been able to fully take control of his prosthetic care and thanks to Stephen's ability to customise his prosthesis to his exacting requirements, his prosthesis has commanded the attention from his Aston Villa idols, enabling to meet his favourite players and partake in a once in a lifetime mascot experience.

ISO9001:2015 certified

Earlier this year, we successfully completed the ISO9001:2008 to ISO9001:2015 transition for our orthotic, prosthetic and assistive technology divisions.

Over recent years we have invested significantly in technology, processes and standards, including following all procedures set out by our ISO9001:2015 certification. As a company, we pride ourselves on dedication to our customers, and this includes our commitment to industry leading quality standards.

“This is a fantastic achievement for the business and demonstrates our drive and commitment within the organisation in making its journey towards the ultimate goal of ‘sustained success’ - achieving and maintaining its long-term objectives. The main focus areas for change for this new standard is through leadership and a ‘risk-based thinking approach’.”
Lee Kempton, Compliance Manager

Metalwork Technicians: bespoke craftsmen

With the relocation of Steeper manufacturing to Leeds in 1969 and the continuous recruitment of skilled and experienced metal technicians, our orthotic offering has increased exponentially. Now, with such an array of products, our technicians have the skills necessary to provide patients with the long-term support that they require. From reproducing older orthotic devices to modifying stock products and creating new custom devices, our technicians are continuously pushing manufacturing boundaries and providing patients with highly functional, supportive and comfortable orthoses.



An integral part of the metalwork manufacturing process is the link between our Plastics and Finishing departments. As such, the team works closely with all departments ensuring a seamless connection and guaranteeing our orthoses are manufactured to specification and meet patients' expectations. From specification to completion, our technicians have created and developed a wide range of products over the years, from Sitting Braces to Stance Control Knee Ankle Foot Orthosis and Hip Guidance Orthosis to the Steeper ARGO. All of these products require the skilled expertise of our metalwork technicians along with the support of technicians across the board.

Clinical insight into the provision of MPKs

Alan Meyer, Clinical Services Manager at Harold Wood, recently presented at the Limbless Association's (LA) AGM on the NHS policy for the provision of microprocessor knees (MPKs) and how it works in practice at a limb centre (pictured above).



Microprocessor knees have been around for 15 years but until recently have not been permitted for use in England for civilians without an Individual Funding Request. With the new funding introduced last year the provision has grown considerably. The new policy helps to enhance quality of life for the amputee by improving safety, confidence and permitting a variety of walking speeds. Each centre must identify the service users who would potentially be suitable based on clinical need. All patients that meet the need as specified by the MPK policy and have no contraindications are then invited to trial a microprocessor knee. Trials are organised by those with the highest clinical need going first. Following a successful trial, the MPK can be purchased and fitted to the patient.

Attending the presentation with Alan was John, a bilateral amputee and Harold Wood's first MPK user. *"The impact of the MPK on John has been remarkable and has enabled him to walk without walking aids and transformed his confidence which is so important for double amputees."* Alan Meyer.

For more information on the provision of MPKs, please visit www.limbless-association.org or for more information on the Steeper MPK Package, please speak to your Steeper Product Manager or visit www.steepergroup.com.



Challenging the aesthetics of the paediatric split hook



As one of the most functional and simplest prosthetic options, the split hook can help children with limb absence from a very young age. However, the aesthetics of the split hook often generates negative comments from parents and children alike.

In an effort to improve the aesthetics of the paediatric split hook, Prosthetist, Marjorie and Upper Limb Technician, Dave, both located at the Steeper Harold Wood Centre, have been working closely to identify new ways of transforming the paediatric split hook. With ideas quickly developing, Technician, Dave, identified that using brightly coloured tubing to cover the standard beige helped to transform the device into something more aesthetically pleasing and playful. Further developments have also seen the attachment of a piece of LEGO to the top of the device. With the project continuing this year, we look forward to sharing the feedback from parents, technicians and patients themselves and understanding more about the role of aesthetics in the development of prosthetic devices.

Harold Wood in Blesma

Late last year, staff from Chadwell Heath visited the Steeper team at Harold Wood to better understand the processes and experiences members face when they are fitted with a prosthetic limb. During the visit, the group was shown around by Alan Meyer, Prosthetic Clinical Services Manager at Harold Wood, who broke the prosthetic pathway down into three stages; the casting room, the laminating room and upper limb myoelectric prosthetics. The team at Harold Wood work with a wide variety of amputees, and with every patient having practical and emotional differences it is important to realise the unique factors that face prosthetists and technicians on a daily basis.

For more information on what to expect when visiting the prosthetic service, please visit www.steepergroup.com

Steeper HQ welcomes the Mid-Yorkshire Chairman

With a strong holding in Leeds for over thirty years, we are proud to continue our manufacturing traditions in Leeds and with the opening of Steeper HQ last year, we have welcomed many visitors from across the county. Recently we welcomed Jules Preston, Chairman of the Mid-Yorkshire Trust who was given an insight into our manufacturing processes by our experienced technicians.



How home adaptations can improve later life

Our clients regularly tell us that without their Assistive Technology they would be lost and disconnected from the world around them. But now, the Centre for Ageing Better and the University of West of England (UWE), Bristol have identified that small changes to homes can improve quality of life and relieve pressure on NHS and social care. It finds that making small changes to older people's homes could play a significant role in relieving pressure on the NHS and social care, reducing costs by millions of pounds each year. For more information on our Assistive Technology products and services please call us on 0113 207 0449 or visit www.steepergroup.com.



Steeper guest post

written by Dave Ebsworth para-athlete & patient at Seacroft Hospital

Eat a Rainbow: kickstart the new year with advice from Para-athlete Dave Ebsworth

If you're young and active, eating healthily is vital to your bodies' development. If you're a little older, or perhaps recovering from illness or surgery, good nutrition is absolutely essential to your recovery. Whatever your age or situation, fuelling your body well will enable you to gain strength through regular exercise and physiotherapy.

Whilst doing a little background reading for this article I made a frightening discovery. Diet-related problems are now the world's biggest killers, far more of us die from habitual bad eating than say war, accidents, or terrorism. Whilst octogenarians today benefited from huge breakthroughs in modern medicine, such as the development of antibiotics, the health of the younger generations is not maintaining this upward trend. Some of the papers I read demonstrate how in only the last few decades there has been an alarming rise in unnatural environmental and dietary toxins. Increases in air pollution, dangerous chemical cocktails in our cleaning products, pesticides, herbicides, hormones and laboratory made additives in our food. These toxins are damaging our bodies' ability to function properly and heal effectively.

In a bid to counterbalance this trend, we need to start really looking at what we eat, the products we use, and break our reliance on industrialised food production.

So what's the answer?

Let's take back control over our diets. Less reliance on the prepared food that is now considered the norm, and more time spent in the kitchen, preparing meals from raw ingredients like our grandparents did. I have found that the simplest way to cook from scratch is to buy the raw ingredients. So pop to your local shop or supermarket and stock up on fresh meat, fruit and veg. By being prepared and having a fridge full of fresh produce, the cooking will come naturally, I promise! Furthermore, by educating ourselves we will begin to teach the next generation how to cook as well. Not only that, but cooking is a great way to relax and unwind, so come on, get those aprons on and get stuck in!

Please note the views and opinions expressed in the guest post are those of the writer and may not represent the views of Steeper. For more information on guest posts please contact marketingteam@steepergroup.com

Steeper Employee Awards 2018

Each year, the Steeper Employee Awards recognises five colleagues who have demonstrated an outstanding contribution based on any one of the four pillars of our brand. Whether through our products, our clinical services, pioneering innovations or identifying new manufacturing technologies, the Employee Awards recognise the hard work and commitment of our staff.

The winners of this year's Employee Awards have all proven themselves vital to the functioning and success of, not only their own departments but Steeper as a whole. Their level of dedication and positive influence throughout the company means that they have been chosen as this year's winners.



From L-R: John Midgley, Andy Pickup, Kate Devine, Dawn Henderson, Dean Rawnsley, Paul Steeper, Ryan Instone.

Upcoming events

The first half of this year sees us with a full schedule of training events and exhibitions, we look forward to seeing you all there.

January:

Hanger - 30th January to 2nd February, Las Vegas

February:

Click Medical Training Event - 14th and 15th February, Steeper HQ.

AAOP - 14th to 17th February, New Orleans

March:

Motor Neurone Disease Association Assistive Technology and Wheelchairs Event - 7th March, Solihull

BAPO - 16th to 18th March, Manchester

May:

OT World - 15th to 18th May, Leipzig

For more information on events and training, please call +44 (0)113 2704841 or contact marketingteam@steepergroup.com.

Quha Zono: available to buy through Steeper



Quha Zono is a revolutionary new wireless gyroscopic mouse, designed to enable independent computer access for those with limited mobility. The device provides accurate and intuitive computer access with just small head movements helping users to stay connected. The extremely lightweight aid is easily connected to the user's body and with a variety of compatible input switches, the Quha Zona can be configured to suit individual requirements.

This simple plug-and-play adapter works instantly out of the box, requiring no extra software or installation programs. Compatible with all available computers as well as almost all tablets and smartphones*, the Quha Zona allows individuals to either use their existing device, or in instances where a new device is required, our expert engineers at Steeper can advise and install a completely compatible computer system.

Maria's Story

"The most important tool in addition to my mind is my computer, which I need every day."

After a car accident, Maria (pictured) was diagnosed with tetraplegia. Determined to continue her career in engineering, Maria looked for assistive technology that would help her control the most important device in her life; her computer. After a short time searching, she found Quha Zona. The easy to use device and comfortable headband means that she can use Quha Zona to control her computer at work and at home, enabling Maria to continue working with the accuracy she required, whilst still remaining socially connected to her friends and family.

To watch Maria's story, visit www.steepergroup.com.



13:23

Monday 4th March

was the day in which **Stephen's** expectations were far exceeded. Fitting Luke with Sidekicks by College Park Industries for the first time, Stephen was amazed at the immediate impact they had, not only on Luke's gait and stability but on his confidence and mobility.



Case Study

Stephen Cox



“All the bilateral transfemoral users on Sidekicks that I see recommend them to their friends, and that is good enough for me to recommend them to others in their situation.”

The story

Originally an event landscaper, Stephen, wanting a new direction in his life, applied to retrain at Salford University. Although Orthotics started his interest in the profession, throughout the course, it became apparent that Prosthetics was the right path for him. Practicing for many years, Stephen knows he made the right decision, the problem solving and inter-disciplinary work are two of the areas that he enjoys the most. For Stephen, Prosthetics is all about finding the right solution for the individual user; be that through socket style, components, education or even finding the correct person to refer onto. It is often the combination of one or more of these things that work and makes the difference to the life of that individual.

The solution

Stephen first saw Sidekicks at a Prosthetic presentation by Steeper Product Manager, Greg Brown. He immediately saw their potential; for such a simple idea they just made sense. For bilateral transfemoral users, the majority of options are knee and foot combinations whilst there are some innovative products on the market, Sidekicks are standalone in what they do. Most suited to bilateral amputees, Sidekicks lower the centre of gravity and conform to uneven ground making them

more stable. They also enable the patient to obtain a more natural gait pattern rather than hitching due to the soft ankle movement meaning they save a great deal of energy.

The majority of ambulant bilateral transfemoral users that Stephen sees now have Sidekicks, they have given them stability and comfort, whilst improving their mobility.

The turning point

When Stephen first tried Luke with Sidekicks, his initial thoughts were proven correct but his expectations were far exceeded. The impact was immediate; Luke's gait narrowed, he no longer had a circumducted gait pattern and the shock absorption at heel strike reduced the impact through the skeletal system. The Sidekicks really came into their own when Luke walked outside. Slopes and ramps were navigated with ease and comfort, even standing diagonally across a ramp Luke was comfortable and stable. The value of Sidekicks is clear for Stephen to see on a biomechanical basis, but the most important thing was Luke's reaction to the product and he was a very happy man.

To find out more about Stephen visit www.steepergroup.com