# Appendix 1: Time putting the splint on

## Equipment needed

1. Standard height chair (seat height 46cm)
2. A stopwatch
3. An AID foot splint (size medium or large depending on the patient). If unsure of sizing, the researcher trials putting the medium on. Use the large if the medium is too small to close properly
4. A Dictus splint (size medium or large depending on the patient). If unsure of sizing, the researcher trials putting the medium on. Use the large if the medium is too small to close properly or is uncomfortable for the participant..

## General information

1. See instructions sheets for Dictus splint and AID foot splint application.
2. If the participant does not have suitable shoes (no shoes or shoes without suitable eyelet holes), they can use one of the pairs of shoes supplied for the study. Ensure the person is wearing socks and the shoes are wiped after use.
3. Demonstrate the application of the splint to the participant following the instruction sheets shown.
4. Allow the participant to practice putting the splint on and provide feedback as appropriate.
5. The timed section that is counted is the time taken to put the splint on only: (a) the AID foot splint time is the time to get cuff on + time to put hooks into the eyelet holes and, (b) the Dictus splint time is the time taken to put the cuff on + place the pins in the shoes + hook the rubber band onto the pins. The test time does not include the time taken to put a shoe on. The participant can be given assistance to put the shoe on if they cannot do this independently. Establish whether the participant can put their shoe on independently before the timed test i.e. during practice. The time taken to put the shoe on can be subtracted from the total time.
6. If the patient is unable to get either splint on after 5 minutes they can be offered to stop. They can choose to stop beforehand if they request to.

## Participant Instructions (Podsiadlo and Richardson, 1991)

1. Instruct the participant to sit on the chair.
2. Demonstrate the application of the splint to the participant following the instruction sheets shown.
3. When the participant is ready, say “Go”. The stopwatch should start when you say go.
4. Stop the stopwatch while the shoes are being put on and restart once the shoes are on. Stop the stopwatch once the splint is fully attached.

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| **Timed test putting the AID foot splint on** |
| The participant is able to put the splint on independently YES NO |
| Date: \_\_/\_\_/\_\_\_\_ |
| Time taken: \_\_\_ secs |

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| **Timed test putting the Dictus foot splint on** |
| The participant is able to put the splint on independently YES NO |
| Date: \_\_/\_\_/\_\_\_\_ |
| Time taken: \_\_\_ secs |

# Appendix 2: Three metre timed up and go test

## Equipment needed

1. Standard height chair (seat height 46cm)
2. A measuring tape able to measure 3 meters
3. A stopwatch
4. A plastic cone

## General information (Podsiadlo and Rishardson, 1991)

1. The participant should sit on a standard armchair, placing their back against the chair and resting their arms on the chair if this is possible.
2. Any assistive device used for walking should be nearby.
3. The participant should walk to a cone that is 3 meters away, turn around at the line, walk back to the chair, and sit down.
4. The test ends when the participant’s buttocks touch the seat.
5. Participants should be instructed to use a comfortable and safe walking speed.
6. A stopwatch should be used to time the test. The participant has one practice of the test and one timed test.

## Set-up:

1. Measure and mark a 3 meter walkway. Place a cone at the 3 meter point.
2. Place a standard height chair (seat height 46cm, arm height 67cm) at the beginning of the walkway

## Participant Instructions (Podsiadlo and Richardson, 1991)

1. Instruct the participant to sit on the chair and place his/her back against the chair and rest his/her arms on the chair’s arms if possible.
2. The upper extremities should not be on the assistive device (if used for walking), but it should be nearby.
3. Demonstrate the test to the participant.
4. When the participant is ready, say “Go”
5. The stopwatch should start when you say go, and should be stopped when the participant’s buttocks touch the seat again.

## Table for measurement

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| **3 meter timed up and go test (AID) foot splint** |
| Date: \_\_/\_\_/\_\_\_\_ |
| Time: \_\_\_ secs |

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| **3 meter timed up and go test Dictus foot splint** |
| Date: \_\_/\_\_/\_\_\_\_ |
| Time: \_\_\_ secs |

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| **AID Foot Splint Questionnaire – Post dressing** (Circle answers) | | | | | |
| I am able to put on the splint independently. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| The splint was easy to use. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| Any other comments? Please write in the box. |  | | | | |

# Appendix 3: Questionnaires

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| **AID Foot Splint Questionnaire – Post walk** (Circle answers) | | | | | |
| The splint was comfortable to wear. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| I felt safe walking with the splint. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| I would use the splint again. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| Any other comments? Please write in the box. |  | | | | |

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| **Dictus Splint Questionnaire – Post dressing** (Circle answers) | | | | | |
| I am able to put on the splint independently. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| The splint was easy to use. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| Any other comments? Please write in the box. |  | | | | |

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| **Dictus Splint Questionnaire – Post walk** (Circle answers) | | | | | |
| The splint was comfortable to wear. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| I felt safe walking with the splint. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| I would use the splint again. | Strongly Agree | Agree | Neither agree  nor disagree | Disagree | Strongly disagree |
| Any other comments? Please write in the box. |  | | | | |