

# MPO

A Guide for Patients



 **oapl.**<sup>TM</sup>



# INTRODUCTION

## WHAT IS THE MPO ACTIVE 2000®?

The MPO is a device designed to eliminate pressure on the heel and toes, while dynamically positioning the foot in the neutral position (i.e. 90 degrees).

The heel “floats” in the MPO which eliminates pressure or friction.

This helps prevent heel ulcers occurring and assists in the healing of existing heel ulcers.

**Consulting Orthotist**

---

**Clinic Attended**

---

**Date Attended**

---

# WHEN TO WEAR

The MPO is designed to be worn in bed and whilst sitting.

The device has a non slip 'stand-up' attachment to allow safe transfers.

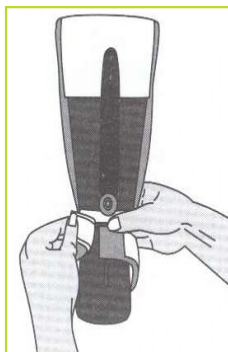
Walking short distances is appropriate (i.e. to the toilet or during physiotherapy).

Longer distances (e.g. "round the block") is strongly discouraged as the black plastic section may fatigue and break.

## ROTATION CONTROL

The MPO 2000 comes standard with an anti-rotation bar that can be used to limit internal or external rotation of the leg whilst in bed.

Loosen attachment knob and rotate bar fully 90 degrees and retighten knob.



# APPLICATION

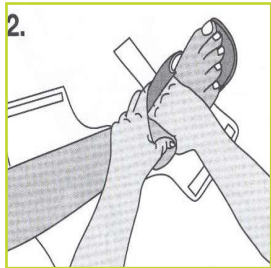
## STEP .1.

Bend knee and seat foot firmly in orthosis. Press with palm over instep.



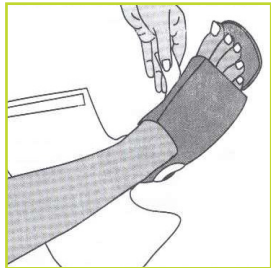
## STEP .2.

Smoothly fold ankle over instep.



## STEP .3.

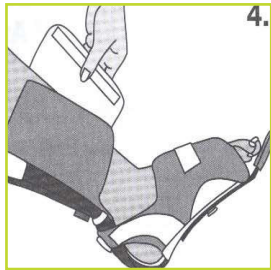
Secure ankle with hook & loop strap provided.



# APPLICATION

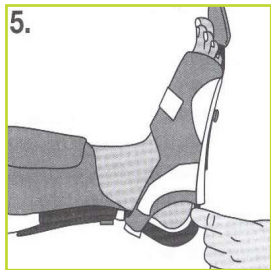
## STEP .4.

Fold calf liner around calf and secure in place.



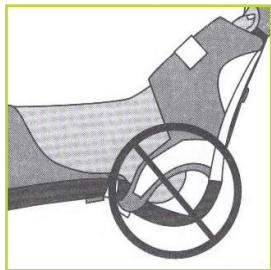
## STEP .5.

Check clearance below heel. Check that sole of foot makes contact with the orthosis.



## STEP .6.

Avoid this position,  
(Repeat steps #(1-5).



## GENERAL CARE

The MPO liner can be removed for washing.

Wash in warm water with mild soap.

Rinse well. Dry in shade.

Wearing the MPO over a sock or tubigrip will assist in keeping the liner clean.

Wipe plastic components with a damp sponge.

If you feel uncomfortable in your MPO consult your Orthotist or relevant health care professional.

# CONTACT DETAILS

## **Fitzroy Clinic**

93 - 97 Webb Street  
Fitzroy VIC 3065  
T: 03 9419 2499  
F: 03 9416 3534  
mainfacility@fitzroy.oapl.com.au

## **Box Hill Clinic**

Epworth Eastern  
Suite 5A, Level 2, Arnold Street  
Box Hill VIC 3128  
T: 03 9897 1374  
F: 03 9783 6944

## **Bundoora Clinic**

Northpark Private Hospital  
Greenhills Road  
Bundoora VIC 3083  
T: 03 9467 1222

## **Canberra Clinic**

Mobility Matters  
35 Townsville Street  
Fyshwick ACT 2609  
T: 02 6280 7244  
F: 02 6239 1281  
sales@mobilitymatters.com.au

## **Clayton Clinic**

281 Clayton Road  
Clayton VIC 3168  
T: 03 9562 9422  
F: 03 9562 9605  
clayton@oapl.com.au

## **Footscray Clinic**

55 Pickett Street  
Footscray VIC 3011  
T: 03 9687 4589  
F: 03 9687 3961  
footscray@oapl.com.au

## **Frankston Clinic**

346 Nepean Highway  
Frankston VIC 3199  
T: 03 9783 3866  
F: 03 9783 6944  
frankston@oapl.com.au

## **Malvern Clinic**

1489 Malvern Road,  
Malvern VIC 3144  
T: 03 9824 5874  
F: 03 9824 8205  
malvernclinic@oapl.com.au

## **Richmond Clinic**

Epworth Centre  
Level 7, Suite 5, 32 Erin Street  
Richmond VIC 3121  
T: 03 9421 6226  
F: 03 9426 4321

## **Ringwood Clinic**

86 Mt Dandenong Road  
Ringwood VIC 3135  
T: 03 9879 4299  
F: 03 9870 9411  
ringwood@oapl.com.au

## **Bendigo Clinic**

Anne Caudle Centre  
Barnard Street  
Bendigo VIC 3550  
T: 03 5454 8752  
F: 03 5454 8756  
oapl@bendigohealth.org.au

29 South Corporate Ave  
Rowville Victoria 3178

T: 1300 TO OAPL  
or 1300 86 6275

F: 1300 OAPL FX  
or 1300 6275 39

[info@oapl.com.au](mailto:info@oapl.com.au)

ACN 006 520 314  
ABN 30 006 520 314

[www.oapl.com.au](http://www.oapl.com.au)

RPT0036

Version 6.13

