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Contact:

Lindsay Masi, Public Relations Manager, Bouvier Kelly

For Allard USA

(mobile) 336-455-1797

lmasi@bouvierkelly.com

Only 1% of People Suffering From Foot Drop Paralysis Are Using a Brace to Regain Mobility

Thousands could have an improved quality of life with the right device.

Greensboro, NC – An independent research firm, ORC International, recently discovered that 99% of US adults with a paralyzing condition known as foot drop (or drop foot), do not wear a brace that would help them walk normally. Foot drop is a neurological condition characterized by weakness or paralysis in the foot or ankle that prohibits lifting the front part of the foot. To compensate for this loss of mobility, sufferers tend to over-extend their hip muscles so their foot won't drag, often tripping and falling and causing further injury.

The statistically significant national online survey also found that 17% of respondents were familiar with foot drop, which can be a result of many different conditions such as stroke, spinal cord or back injuries, Charcot Marie Tooth disease, Multiple Sclerosis, Facioscapulohumeral Muscular Dystrophy (FSH MD) and cancer. The goal of the survey, which was sponsored by Allard USA, a subsidiary of Allard International, recognized worldwide as a leader of innovative orthotic devices, was to learn more about helping to improve function and quality of life for individuals with physical challenges.

Allard USA also initiated the 4-year-old grassroots *Get Back Up Today* movement to give people with foot drop a forum for sharing their personal triumphs and tribulations related to the paralyzing condition. Part of that initiative includes TeamUP, the only national team of people with foot drop.

TeamUP founder and co-captain, [Beth Deloria](#) spent two years searching for a solution, determined to resume her ability to run marathons. Since that time, Deloria has inspired thousands while competing in more than 200 high profile races around the country. Her thirteen co-captains are equally committed to spreading the Get Back UP message and encouraging others not to give up.

All the co-captains wear a dynamic response, carbon fiber orthotic device made by Allard. Three of them are Olympic hopefuls who at one time thought they would never walk again, much less be on the US Paracycling Olympic Team because of their ToeOFF® braces.

For more information and TeamUP co-captain stories, visit GetBackUpToday.com

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