



RGO (Reciprocal Gate-Orthosis)

General Description:

The term Reciprocating-Gate-Orthosis refers to a unique form of HKAFO (see HKAFO site). This device is generally a right and left KAFO (see KAFO site) connected to a pelvic section with a reciprocating mechanism. This type of device is used with children who suffer from paralysis of the lower trunk, hips, and lower extremities.

The KAFO sections control the lower extremities and maintain them in proper walking alignment. The purpose of the reciprocating pelvic section is to control the hips and lower trunk and prevent simultaneous hip flexion. Extension of one hip causes the simultaneous or reciprocal flexion of the other hip, thereby enabling the child to take a step. The child uses upper trunk, shoulder, and arm muscles to operate the device with the assistance of either crutches or a walker. This device is usually limited to use in therapy or household walking.

Application:

The child is placed into the device properly while it is lying on a flat stable surface and the straps securing the feet are fastened first. Straps are then progressively fastened up the legs to the straps securing the trunk.

Cleaning and Maintenance:

The best way to clean the RGO is to spray the inside with rubbing alcohol and wipe dry to remove body oils and residue. It can also be cleaned by wiping it out with a damp towel and anti-bacterial soap or anti-bacterial moist towelettes.

Do not immerse in water and keep the device away from excessive heat to prevent damage to the plastic.

Tips and Problem Solving:

- An RGO should always be worn with socks and shoes and also some type of fabric over the leg to serve as an interface to improve comfort and wick perspiration.

Bannockburn 2101 Waukegan Road, Suite 104 Bannockburn, IL 60015 847-444-0690	Lincoln Park/Chicago 2551 N. Clark St., Suite 200 Chicago, IL 60614 773-472-3663	Rush/Chicago 1725 W. Harrison St., Suite 220 Chicago, IL 60612 312-942-2011	UIC/Chicago 1740 W. Taylor St. Room C100 Chicago, IL 60612 312-996-6450	Hickory Hills 8641 W. 95 th St. Hickory Hills, IL 60457 708-599-8336
Naperville 1551 Bond St., Suite 111 Naperville, IL 60563 630-637-4638	Oakbrook Terrace 1S376 Summit Ave., Ct. E Oakbrook Terrace, IL 60181 630-424-0392	Oak Park 401 Harrison Street Oak Park, IL 60304 708-383-2257	Schaumburg 1701 E. Woodfield Rd., Ste 555 Schaumburg, IL 60173 847-619-1701	Schererville 6629 W. Lincoln Hwy. (Rt. 30), Suite 1 PO Box 507 Schererville, IN 46375 219-864-9501



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- The best type of shoe to use is a basic gym shoe with the laces or velcro extending well down the front of the shoe. This provides adjustability and allows the shoe to accommodate the added dimension of the device in the shoe without having an excessively large shoe on the opposite foot. Gym shoes help to encompass the foot and to secure the KAFO's. Dress shoes and sandals are not recommended for these reasons.
- If there are any problems or questions, please contact the orthotist.

Bannockburn

2101 Waukegan Road,
Suite 104
Bannockburn, IL 60015
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773-472-3663

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Oakbrook Terrace, IL 60181
630-424-0392

Rush/Chicago

1725 W. Harrison St.,
Suite 220
Chicago, IL 60612
312-942-2011

Oak Park

401 Harrison Street
Oak Park, IL 60304
708-383-2257

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