The Right Fit, Right Now

Rugged reliability for active lifestyles

"I love outdoor activities, and with my iFIT prosthetics I'm looking forward to getting back to walking every day. I know, in the long run, my iFITs will work very well; if you're active, they will give you back your life."

- Cortney, Working Mom and Outdoorswoman

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WATCH A BRIEF VIDEO ON HOW IFIT WORKS AT IFITPROSTHETICS.COM, OR CALL 301-821-5414 FOR MORE DETAILS

iFIT PROSTHETICS

VOSB

iFIT Prosthetics is a Veteran-Owned Small Business (VOSB)

iFIT: GETTING BACK INTO THE OUTDOORS

Walking, kayaking, swimming—if it's happening outside, 39-year-old Cortney Small of Crimora, Virginia, is all in. It makes perfect sense, since she is something of a force of nature herself: After illness and infection threatened her life repeatedly, she's fought her way back to live life to the full…and nothing's going to hem her in.

"I was diagnosed with Stage 4 Hodgkin's lymphoma when I was 16, and it was very serious," Cortney recalls. "One thing they did in treating the cancer was to remove my spleen, which impacted my immune system. So when I was diagnosed with diabetes at age 19, I had to be really careful because I knew I wouldn't heal from things as well as others."

The Long Road Back

Fast-forward to 2014, when she suffered two toe infections—a complication from her diabetes—and had to have her toenails removed. Then, her entire foot shattered spontaneously, which claimed two more toes in early 2015. As she tried to get back on her feet, streptococcal pneumonia hit, along with a methicillin-resistant staphylococcus aureus (MRSA) infection in early 2015, requiring a month-and-a-half-long induced coma. Cortney says her hands and legs turned black during that time; her body's survival functions turned inward to protect her core, leaving her extremities at risk of stunted circulation. She says her husband would massage her nose and ears to keep the blood flowing to them, but states her fingers turned into "little frozen hot dogs"—hard as bricks. Between illness and infection, she lost both legs to amputation—one guillotine cut, one standard—in March of 2015, as well as her left fingers and right fingertips in April 2016.

She knows she shouldn't still be here, but she's never let that slow her down; a strong will and stronger faith have seen to that. Still, there have been challenges.

"Because of my different amputations and the diabetes, I've a hard time with my prosthetics. With my old pin system, I'd get bruises and a blister the size of two softballs," she says. "I came across the iFIT system on Facebook and have loved it ever since."

One-Stop Fitting for Nonstop Living

iFIT ***(Immediate Fit, Innovative Technology)*** is a highly accommodating, patented transtibial device; as the only adjustable preparatory device on the market, iFIT offers one-session fittings and handles fluctuating volume levels seamlessly. iFIT's high-strength, lighter-weight socket provides tremendous comfort and stability while its unique, heat-moldable liner and safety-lock buckles adjust to every individual. Further, the device is compatible with most commercially made feet and pylons for even greater cost-effectiveness, making it an ideal secondary device.

iFIT's tremendous adjustability eliminates the need for multiple socks for most users; however, Cortney is in an unusual position in that she will always need to wear socks with any devices due to medication-induced skin irritation. That said, she says putting on her iFITs is like donning ski boots and, for her, the devices afford a taller, straighter stance.

On the Trail to Better Mobility

"I have back pain, and my old legs kind of forced me to walk hunched over, which didn't help," Cortney explains. "Now, with iFIT, I feel I stand taller and walk straighter—they just feel more sturdy. Plus, when my swelling increases or decreases, these prosthetics are very easy to adjust."

Because Cortney's legs have changed over time, she will be refitted and get new pins for her iFIT devices this summer. And while she also has suction-type prosthetics and swim legs as well, she feels extremely fortunate to rely on her iFIT devices to keep up with her young and active family.

"I love doing outdoor activities, and I'm looking forward to getting back to walking a mile every day like I did before," she says. "I would encourage people to be patient during their fitting process—it can be trial and error until you find something that is great for you. But I know, in the long run, my iFIT devices will work very well. If you're active, they will give you back your life."

Behind "The Right Fit, Right Now"

With sustained funding from the NIH, Dr. Dillingham and iFIT Prosthetics developed the world's first immediate fit adjustable device—perfect as a comfortably adjustable preparatory device, an affordable secondary/recreational device, or for relief efforts abroad. Army veteran and founder Timothy R. Dillingham, MD, MS, served during the Persian Gulf War and afterwards as a clinician-scientist at top medical centers in the United States. With NIH funding, Dr. Dillingham applied his engineering background, 27 years of clinical experience, and industrial manufacturing know-how to create this prosthesis that could better adjust to individuals' needs for greater use and satisfaction.

Watch a brief video on how iFIT works at ifitprosthetics.com, or call 301-821-5414 for more details.

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