ottobock.

1C30 Trias

Moving in harmony

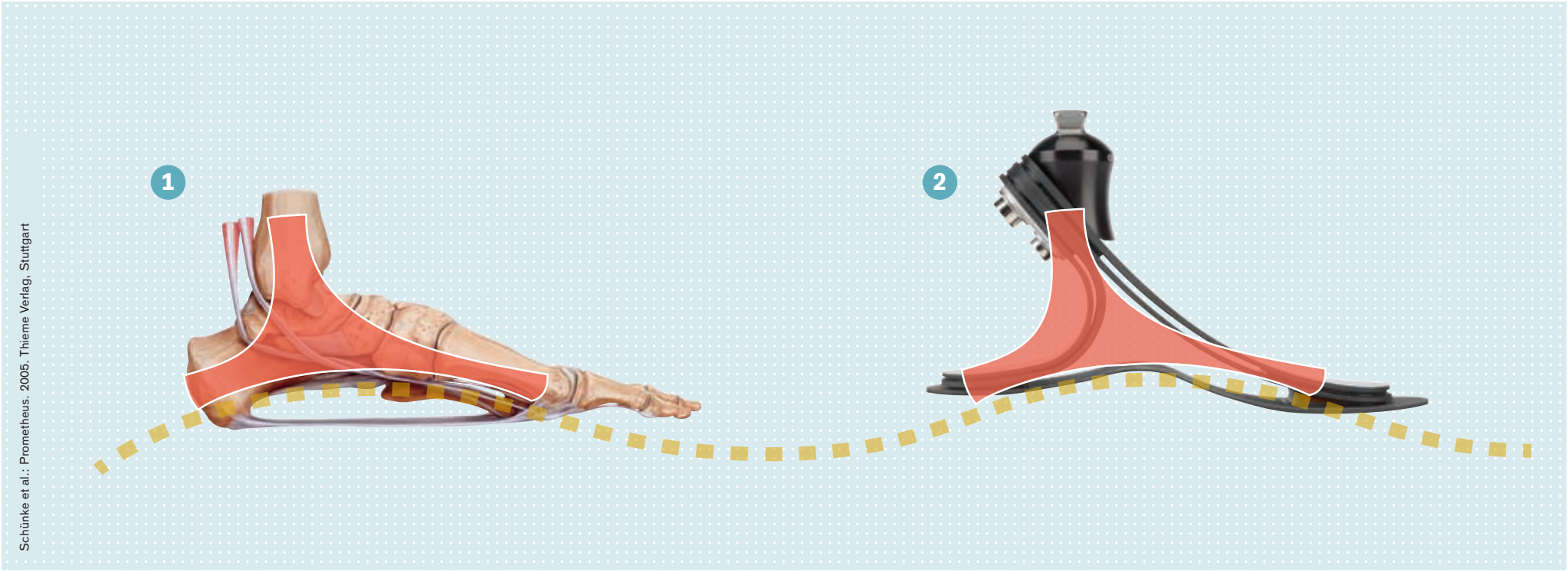
Quality for life

Information for users

Trias
Moving in harmony

Out and about, going for a stroll, running errands – it's important to go where you want without worrying about what you're walking on or how fast your steps are. Always confident of keeping a step ahead – it's simply elementary.

Balanced for life – with smooth functionality and outstanding control, the Trias handles everyday situations with ease. Walking at different speeds as well as safe, relaxed standing are no problem with the Trias. Its very low weight and good spring characteristics help save energy for what's important: mobility and independence. With its intelligent design, the Trias is a proven solution for users with moderate mobility needs.



Schünke et al.: Prometheus. 2005. Thieme Verlag, Stuttgart

Learning from nature

When it comes to the development of high-quality prostheses, there is no better example than the one created by mother nature. This is why the structure of the 1C30 Trias is based on the shape of the human foot. The result is fascinating technology: A prosthetic foot built for everyday life.

1 The human foot ...

... has a flexible forefoot structure for optimum rollover, and is connected to the heel via the plantar fascia. An interplay between various muscles and tendons controls the movements of the foot. The foot moves smoothly between heel strike, rollover and at push-off.

2 The Trias prosthetic foot

The anatomy of the human foot is reflected in the curved, triangular shape of the Trias. The heel and forefoot form an arch structure and are connected to the base spring. This ensures that the foot can function as a cohesive unit. Movement energy is stored and used for a smooth rollover.

“Sit still? Not a chance!”

As a mother of two daughters, I am on the go every day. My husband does shift work and I take care of the house, often looking after the little ones on my own – the normal everyday madness. Maira at nine months really needs me a lot, while Mia is three and already more independent. She often helps me to put on the prosthesis. This daily ritual is totally normal for her. Still, she’s quite a handfull! When I go to the playground with the two of them, the other parents definitely notice my leg. But most of the time, they’re just amazed about how much I can do with it.

“There’s almost nothing I can’t do now!”

Juggling life with my two little children is a lot of fun. Going back to work after my maternity leave will bring a whole new set of challenges.

Anja

31 years

1C30 Trias

1. **Adapter**
   Pyramid adapter made of lightweight aluminium.
2. **Dual carbon heel springs**
   guarantee shock absorption at heel strike.
3. **Carbon base spring with reinforced forefoot and heel area**
   joins the forefoot and heel springs, and ensures that the foot functions as a cohesive unit.
4. **Dual carbon forefoot springs**
   control forefoot flexibility for a smooth rollover and ensure good stability and energy return at the end of the stance phase.

Technology for mobility

The 1C30 Trias is an extraordinary prosthetic foot – a combination of creative design and innovative lightweight construction technology. Interconnected dual spring elements provide relief with dampening at heel strike and enable a physiological rollover with excellent energy return. Secure, controlled movements help the user build more confidence in the prosthesis. The foot adapts to different walking speeds and to uneven terrain without a loss of comfort, while simultaneously reducing strain on the sound limb. The slim version of the footshell is suitable for higher heeled shoes and offers greater flexibility in choosing footwear.

Technical data

Suitability	MG 2 – MG 3
Max. body weight	125 kg
Sizes	21–30 cm
Footshell	Slim shape with 20 mm heel height (21–26 cm) Normal shape with 10 mm heel height (21–30 cm)
Weight without footshell*	ca. 345 g
Weight with normal footshell*	ca. 625 g
System height with normal footshell*	95 mm
Clearance with normal footshell*	113 mm
Recommended knee components**	3R36, 3R20, 3R90, 3R93, 3R92, 3R106, 3R60, 3R60^{PRO}, 3R46, 3R78, C-Leg Compact, 3R95, 3R55, 3R80, C-Leg, Genium

*Technical data refers to size 26 cm

**All components are sold separately and are available Ottobock products that are compatible with the 1C30 Trias foot, which help ensure optimal performance. Practitioners need to select components based upon individual patient criteria.

MOBIS

max. 80 kg
Size 21–22

max. 95 kg
Size 23–24

max. 110 kg
Size 25–26

max. 125 kg
Size 27–30

Frequently asked questions

Who can use a Trias foot?
The Trias foot is recommended for moderately active persons of all ages who require a lightweight, functional foot. Thanks to its low weight, the Trias is very comfortable. It enables a physiological rollover, excellent energy return, as well as secure and controlled movement patterns. The foot also adapts to various walking speeds and surfaces, making it particularly comfortable for everyday walking and standing.

How is the Trias different from conventional prosthetic feet?
The Trias prosthetic foot is based on an interactive triangular spring system. The anatomy of the natural foot is reflected in the construction of the Trias. The forefoot, heel and base springs form a cohesive system that provides you with a particularly smooth rollover.

Are the Trias feet suitable for sports?
The Trias foot is not suitable for high performance sports. It is, however, appropriate for moderate recreational activities such as golf, cycling or hiking.

Can the Trias foot be used as part of an above-knee prosthesis?
Yes! The Trias is suitable for all amputation levels that permit the corresponding structural height. The Trias foot works particularly well with Ottobock mechanical and microprocessor-controlled knee joints.

Is there a version of the Trias for me?
The Trias is available in a range of sizes and body weights up to 125 kg (275 lbs). Normal and slim versions of the footshells are available.

Do I need a new prosthesis to use the Trias?
No – the Trias can be integrated into new as well as existing modular prosthesis systems without any problem, provided enough structural height is available. It is connected using the integrated adapter.

How is the Trias integrated into my prosthesis?
Your prosthetist will advise you and select, order and install the most suitable prosthetic foot for you. He or she possesses the necessary technical expertise and equipment required to install and adjust the Trias.

Do I need to wear special shoes with the Trias?
No – the Trias is delivered with a footshell that is based on the shape of a natural foot, and works with most footwear. A slim footshell is also available for use with shoes with a slight heel rise.

Are Trias prosthetic feet waterproof?
No – the Trias foot can be damaged by contact with fresh or salt water. The feet should always be cleaned and dried after contact with water or sand.

Can I try out a Trias foot?
Yes – please talk to your prosthetist.

Where do I find further information about the Trias?
Your prosthetist or doctor will be happy to advise you concerning the Trias and whether it is right for you.

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