

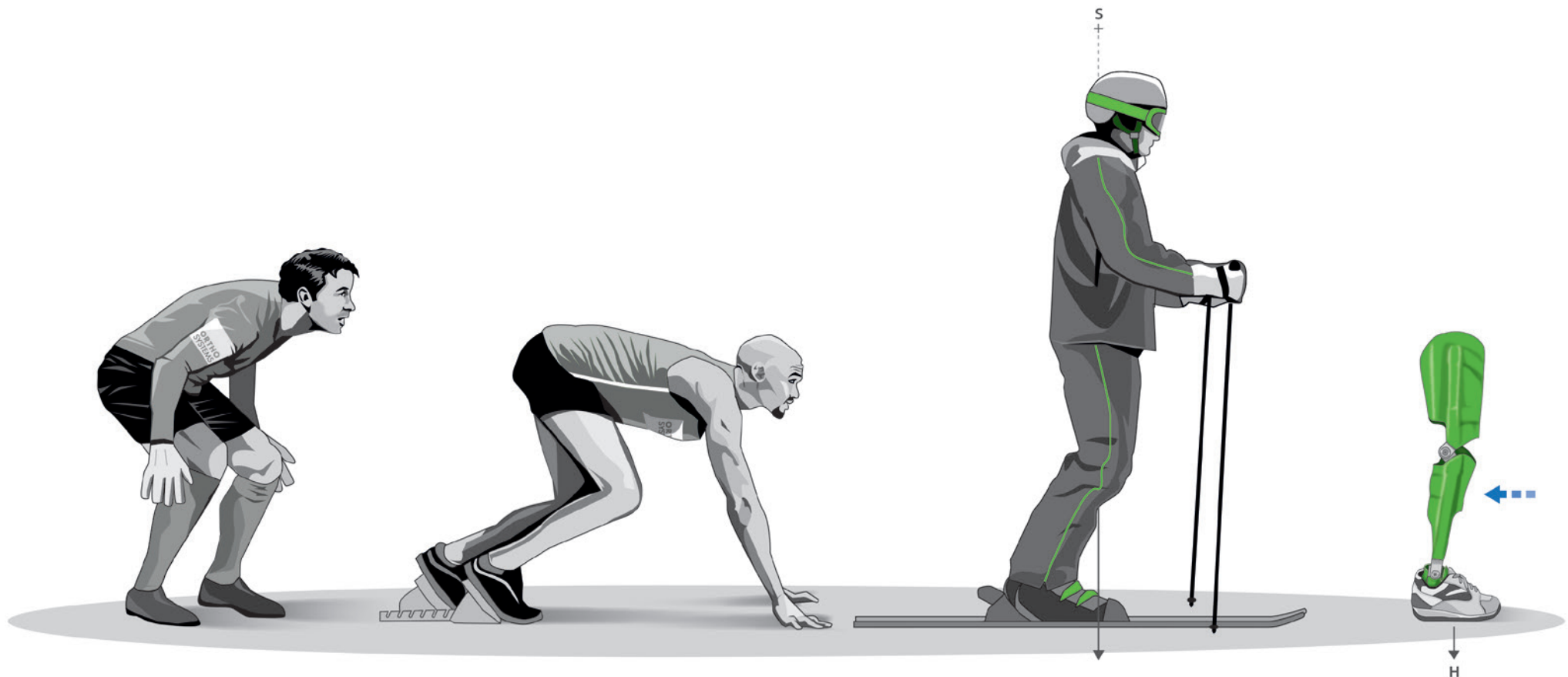
# Relaxed Standing

People without physical limitations often stand in a relaxed, energy-saving manner, characterized by a static posture with minimal movement. In this posture, the knees are typically locked and the hip joints fully extended to reduce muscle use. However, this resting position does not provide a stable stance nor facilitate step initiation without a preceding intermediate movement.



## Prepared for the Next Step

It is crucial that individuals wearing an orthosis can stand with minimal effort, maintaining stability while also making it easy to initiate walking. Yet, depending on their specific disorder or the type of orthosis used, not all wearers can adjust their body alignment accordingly. However, a secure and energy-efficient stance is still achievable with the use of a dorsiflexion stop and proper anterior support. This not only reduces energy expenditure but also allows for immediate step initiation.



**Muscles pre-flexed**

Next movement forwards, upwards or sideways

Next movement forwards

**Stable, energy-saving stance**

Prepared for the next forward, backward or sideways movement