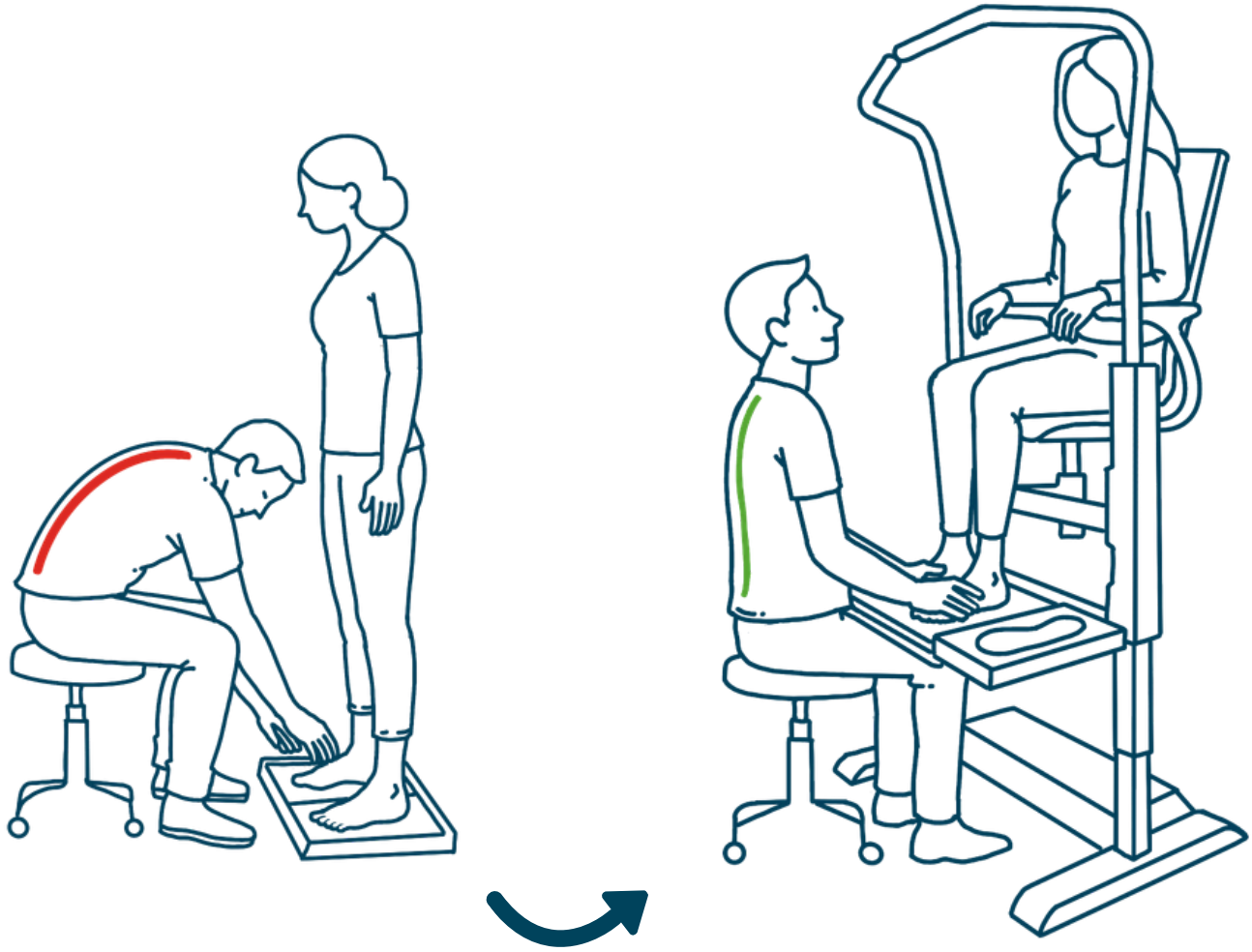
It is not the work.
It is your posture.



Is your daily posture shortening your career?

ORTHOSTAND
better footcare

THE ERGONOMIC WORKSTATION FOR FOOT AND LOWER-LIMB CARE SPECIALISTS

We enhance ergonomics, productivity and the quality of work of pedorthists, orthotists, podiatrists and prosthetists, enabling them to deliver excellent care with energy, pride and joy.

What specialists say

The best evidence comes from those already working with Orthostand every day.

Karl-Heinz Schott

Pedorthist | Foot Power, Pymble, Australia

"The Orthostand is a well-designed solution that enhances the working posture of foot care specialists while improving the client experience."

Foot Power integrated the Orthostand into their daily workflow and found benefits in posture, precision and client safety. The adjustable safety bars give clients a strong sense of security, and the quick height adjustment saves time across a full day of sessions. The compact footprint makes it practical across different working environments. Convinced by the results, they added a second Orthostand in 2026.

Rob Verwaard

Orthopedic Shoemaker | Wittepoel, Rotterdam, NL

"The Orthostand promotes ergonomic working, helping employees extend their careers while maintaining comfort and health."

Traditional podium sections were impractical, unsafe for clients with balance difficulties and hard to use at rental sites. Wittepoel has been adding an Orthostand every year since 2023, now running three Orthostand's across their locations. Today Wittepoel reports high employee satisfaction and credits healthy working conditions with helping attract new staff in an industry where qualified personnel are scarce.

Klaus Nielsen

Pedorthist | Skomageren, Odense, Denmark

"Orthostand has significantly transformed our working conditions."

Skomageren discovered the product at the OST fair in Cologne in 2022. After years of daily use, Klaus Nielsen reports that his team can no longer imagine working without it. Quality of work has improved, specialists arrive home less exhausted. Skomageren added a second unit to the practice in 2026.

Lubomir Ihnatko

Orthopedic and Prosthetic Specialist | Ortopedická protetika Ihnatko, Slovakia

"Investing in your health and productivity is invaluable. For me, the Orthostand has made a real difference in my everyday work."

Ľubomír Ihnatko knows firsthand how physically demanding his profession can be. Long hours, repetitive bending, kneeling, and working in awkward positions, day after day. Since integrating the Orthostand, he no longer needs to kneel or bend constantly, with significantly less strain on his back and joints.

Akbal Randhawa

Podiatrist | The Foot Clinic, Kent, UK

"The Orthostand has been fantastic, it has genuinely made my work easier. I feel the difference every day."

Working long hours bent over clients was taking a serious toll on Akbal Randhawa's back and posture. The Orthostand transformed his daily workflow, making appointments more efficient and more comfortable for practitioner and client alike. It has also added a professional, modern appearance to the clinic, with clients frequently curious about the equipment.

Read all reviews and watch the Orthostand in action

www.orthostand.com/blog/reviews-11

Daily work should not affect your long-term health

In foot care, a significant part of every working day is spent in a forward-bent, static position. During assessment, scanning and fitting, foot and lower-limb specialists often hold the same posture for extended periods, leaning forward with precision focus on work at or near floor level.

What makes this particularly damaging is not the effort involved, but the stillness. In a static posture, a limited set of muscle fibres fires continuously to hold the position, without the alternating contraction and relaxation that allows recovery. Local blood flow is restricted, waste products accumulate, and the tissue cannot repair itself between efforts.

The risks are greater than most specialists realise

Prolonged static strain increases the long-term risk of musculoskeletal complaints significantly – yet it remains one of the least recognised occupational health issues in the profession.

How static strain works against you

How Muscles Actually Work

Muscles operate in a binary way: a fibre is either **active or resting**. Fibers are grouped into motor units, each controlled by a single nerve.

The number of fibres per unit reflects the task: precision work such as eye movement uses as few as 5 to 20 fibres per nerve, while large force-generating muscles recruit up to 2,000

Precision: 5–20 fibers

Force: Up to 2,000 fibers

During **dynamic movement**, motor units take turns. This rotation supports local circulation and keeps tissue supplied with oxygen and nutrients. Heart rate rises in proportion to the effort, ensuring delivery keeps pace with demand.

During static postures, the same small group of fibres fires continuously with no rotation and no rest. Blood flow to those fibres is mechanically restricted by the sustained muscle tension. Heart rate stays low, delivery stays limited.

The result: metabolic waste accumulates in the tissue, recovery stalls, and fatigue sets in faster than most people expect.

The Double Deficit

Static postures create two simultaneous problems in the same muscle tissue: nothing comes in, nothing goes out.

Restricted delivery
Sustained contraction compresses local blood vessels. Oxygen and nutrients cannot reach the active muscle fibres.

Restricted removal
Metabolic waste accumulates in the tissue and cannot clear. Recovery stalls, even between sessions.

The combination leads to **rapid micro-damage in muscle tissue** > the starting point for long-term musculoskeletal disorders.

> *"Static strain is a silent killer. The damage builds slowly and unnoticed"*
> Hanneke Knibbe, IZZ / ZZP Magazine De Zorg

The hidden cost of how you work

MSDs are among the most common occupational health conditions in foot and lower-limb care, and among the least talked about.

1 Neck

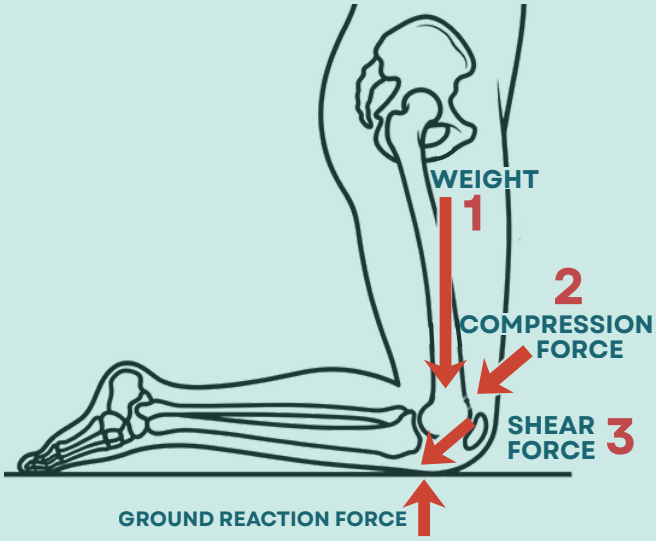
Sustained forward lean means constant contraction. Over time: chronic tension and nerve compression radiating into the arms.

2 Shoulders

Raised shoulders during precision work restrict blood flow. Post-shift fatigue gradually becomes structural pain.

3 Lower back

Bent posture dramatically increases disc pressure. Higher risk of herniation at L4–L5 and L5–S1 over time.



4 Knees

Three forces act on your knee during kneeling work

1. Vertical compression: bodyweight is transmitted through the femur, into the knee and onto the floor.
2. Direct pressure on the kneecap: the kneecap and the bursa in front of it are compressed between the bone and the hard floor. This is the main load when kneeling upright and the classic cause of bursitis.
3. Pressure inside the joint: when leaning forward over the client's foot, your bodyweight is forced through a single small point inside the joint. Cartilage and meniscus absorb that pressure day in, day out. Over time the cartilage wears down faster, leading to stiffness, pain and eventually osteoarthritis.

Over the years this cumulative load damages cartilage, menisci and the bursa, leading to osteoarthritis, bursitis and chronic knee complaints.

Designed to eliminate static strain

Orthostand is built to solve a problem that most professionals accept as “part of the job”, working in prolonged, non-neutral positions.

By bringing the client to the correct working height, Orthostand allows the body to return to a natural, upright posture.

The only examination chair that also measures the foot under load.

Most elevating chairs raise the client seated, with the legs stretched out and the feet floating in mid air. Convenient, but clinically incomplete. The foot only reveals its true behaviour when it carries body weight. Arch collapse, hindfoot valgus, forefoot splay, pressure distribution, tendon loading, gait deviations: all of these become visible only when the client stands.

Seated examination shows the foot at rest. Standing examination shows the foot at work. For pedorthists, podiatrists, orthotists and prosthetists, that difference defines the diagnosis.

Orthostand is a working platform

Orthostand raises the client, standing, to your working height. You stay upright. Your arms rest on the platform. Your eyes are at the correct distance from the treatment area. The foot in front of you can be loaded, weight bearing and ready to be assessed, scanned, casted, fitted or corrected exactly the way it functions in daily life.

Clinical accuracy with standing patients. Static and dynamic assessment, pressure testing, alignment checks and gait analysis are performed under physiological load. No more extrapolating from an unloaded foot.

Workflow efficiency. Scanning, casting, fitting and fine tuning happen in one position, on one device, with the client stable and at the right height. No transfers, no repositioning between assessment and treatment.

Standing assessment without the strain on you.

How it works

1 Raise the client to working height

A press of the foot switch raises the Platform in 15 seconds. While it rises, the consultation begins. Complaints, progress, how things have been. By the time it reaches working height, the introduction is done.

2 Take position

Seated comfortably with legs under the Platform. No kneeling, no bending, no searching for the right posture.

3 Treat in a natural, upright posture

Scanning, assessment and fitting performed with a neutral spine, arms supported on the Platform, eyes at the correct distance from the treatment area. The client sits or stands – whichever the treatment requires.

4 Close the session

As the Platform lowers, the specialist summarises findings, gives advice and arranges the next appointment. Those 15 seconds become part of the workflow, not a pause in it.

5 Move it where you need it

Orthostand moves easily on its wheels. Reposition it between rooms or clear the space when you need it, without effort.

You're not just changing your setup. You're changing how your body experiences the entire workday.

What changes immediately

The Orthostand M30 brings the client up to the practitioner, keeping you upright and removing the load on your knees entirely.

By resting your arms on the platform, you also eliminate the static load on your lower back, neck and shoulders.

The result is a longer and healthier career.

- Arms can rest on the Platform, reducing static load on the shoulders further
- No more kneeling, tasks performed in an upright, supported seated position
- Eyes at a professional distance from the treatment area, every session

And better for the client

Clients use the Stand Supports to lower themselves onto the seat and rise again with full control. The adjustable seat provides a comfortable position. And because the specialist works upright instead of leaning forward, the client experiences more personal space during the treatment.

What your body experiences differently

The benefits begin from the first session, and compound over a career.

Neutral spine
No more repeated forward bending. The spine stays in its natural position, treatment after treatment, day after day.

Less shoulder load
Arms rest on the Platform during treatment. No raised shoulders, no forward head position during precision work.

No more kneeling
The Orthostand M30 brings the client up to the practitioner, keeping you upright and removing the load on your knees entirely.

Consistent precision
Eyes stay at the correct distance from the treatment area, improving both visibility and the quality of every assessment.

no more floor acrobatics

Your results over time

01 Less physical fatigue at the end of every working day

02 Fewer back, neck, shoulder and knee complaints over time

03 More energy at the end of the day, for work and for life

04 Better sight on work and better decisions leads to more job satisfaction

05 A longer, healthier professional career

ORTHOSTAND
better footcare

Work healthier. Work smarter.

Orthostand helps foot and lower- limb-care specialists extend their careers, improve daily comfort and deliver better care, for themselves and their clients.

We know that most specialists who would benefit from Orthostand are busy people, not naturally looking for change. That is precisely why we keep the next step as simple as possible. Have a look at the website, watch the product in action and see whether it speaks to your situation. There is no obligation, only an open invitation to consider a better way of working.

When you are ready, we are here.

Technical specifications

Weight capacity	140 kg (safety-limited)
Net weight	66 kg
Footprint	1050 mm (d) x 820 mm (w)
Platform size	750 mm (w) x 525 mm (d)
Seat dimensions	440 mm (w)x 470 mm (d)
Seat height	420 mm - 500 mm (adjustable)
Step-up height	185 mm standard / 235 mm high
Max platform height	685 mm standard / 735 mm high
Lift travel	500 mm vertical lift travel

www.orthostand.com

Orthostand is a trade name of Ergonomix B.V.
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