personally worked with Walsh, he has worked with many marathoners and cross-country cyclists who use these carbon composite, energy-return AFOs, and speaks about their benefit.

“The energy-return AFO loads potential energy as the tibia progresses over the fixed foot just using gravity, and then...when the heel comes off the ground it helps spring the foot off the ground. Instead of just picking the foot up during swing, it actually augments the function of the calf group," he explains. “The foot biomechanics are going to function more appropriately.

Walsh claimed silver in both events, which now allows her to add "medal-winning Paralympian" to her list of achievements. “Be willing to accept the changes and [keep] your goal [because]...there is a way to do it. You don't have to give up on everything," Walsh emphasizes. "Change is hard but it's not bad or good—it's just different." She continues, “You just go forward.”

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Editor’s note: TeamUP is the first national team composed of people who live with foot drop—due to any etiology, from all walks of life, and with varying activity levels—who overcome their mobility deficits with an Allard device. The team’s goal is to educate and inspire others to “Get Back Up” after adversity, regardless of condition or circumstance. For more information, visit http://getbackuptoday.com.