



NEWS RELEASE

Fitness Instructor Julie Stone Finds Renewed Mobility With Custom Braces

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SEATTLE, Wash. – March 4, 2021 – As an avid hiker, traveler, and adaptive fitness instructor, being active has always been a key part of 30-year-old Julie Stone's life. At a young age, Stone began experiencing unexplained lower-limb weakness and injuries, and as an adult, she was diagnosed with [Charcot-Marie-Tooth](#) (CMT), a hereditary neuromuscular disease.

After battling increasing challenges to her mobility, including foot drop, a common symptom of CMT, Stone was fit with her first pair of [ankle-foot orthoses](#) (AFOs) last year by [Eric Weber](#), her [Seattle](#)-based clinician and a National Orthotics Specialist for Hanger Clinic.

Stone's custom-designed braces have improved her gait and help prevent foot drop, allowing her to be more mobile and continue doing what she loves – from everyday tasks like walking her dog, to teaching virtual adaptive Pilates classes to people with physical challenges. Stone has made it [her mission](#) to help others who wear braces or other assistive devices find ways to stay active and feel empowered—a journey she went through herself.

News stations around the country have recently shared Stone's story of finding renewed mobility. Some of these stories are available to watch below:

- WFMZ-TV (Ind. – Philadelphia, PA): [Health Beat: Personalized CMT braces make woman stronger](#)
- WMC-TV (NBC – Memphis, TN): [Best Life: Braces helping woman live her best life with CMT](#)
- WJRT-TV (ABC – Flint, MI): [Personalized braces help those with CMT](#)

About Hanger Clinic: Hanger Clinic, a subsidiary of Hanger, Inc. (NYSE: HNGR), owns and operates [approximately 800](#) patient care clinics nationwide, where comprehensive, outcomes-based orthotic and prosthetic care is

delivered. Rooted in nearly 160 years of clinical excellence and innovation, the certified clinicians of Hanger Clinic provide compassionate, expert care and customized solutions for all ages, designed to increase the mobility and function of each person we have the honor of serving. For more information on Hanger Clinic, visit www.HangerClinic.com.

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