

Corporal Andy Reid: So the first one I got it's called a KX06, it's a pretty basic leg, it's got like a mountain bike shock absorber where the knee is, you've got to be constantly pushing back on your thigh with your thigh muscle to keep it straight. If you relax for a second then it just gives way. I didn't really get on with it that well so I said can I get one of these, which is the C-Leg. This is C-Leg 2 this one, so it's got like blue tooth technology in it and it knows how much weight you put on the toe, that's what makes the knee bend and they do it all on like a computer. It's just a lot more stable, you can walk down ramps with it and walk down stairs and you can make the knee yield you can half sit down and then change your mind and stand up again whereas with the KX06 once it's bent that's it, you'd have to sit down and then stand up all the way, you can't just change your mind halfway through.

This is below knee this is just a basic normal socket leg there and then this ankle I've tried all different ones. You can get some where the ankle moves a little bit, but I find them quite hard to stand up still on because as you lean forward the ankle's bending, I would rather have it quite stiff then it stays this ankle will flex on any kind of, so if you put the heel down it'll flex but if you land on the toe as well it'll flex. I think it's a lot of trying out different ankles and seeing which one suits you.