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## **PATIENT WEAR AND CARE INSTRUCTIONS FOR LOWER EXTREMITY ORTHOSIS**

- 1) Always wear a clean, dry sock under the orthosis. For optimal comfort, the sock should be a cotton blend. It should fit smoothly against the skin (no bunching or folding) and should be the height of the AFO.
- 2) Make sure your heel is all the way down in the orthosis. Bending the knee makes it easier to place your heel all the way in down in the AFO and to tighten the instep strap to hold your foot and ankle in place.
- 3) Wear a well-fitting athletic shoe or oxford shoe. Lace up shoes work best, and it will give additional room for the orthosis if the liner of the shoe is removed.
- 4) Changing to different shoes (with different heel heights) may affect the function and fit of the orthosis.
- 5) Clean the orthosis daily by wiping with alcohol or a damp sponge or rag using mild soap and water. Make sure to clean the orthosis both inside and outside. When not wearing the orthosis keep the velcro straps fastened. This helps to keep them clean.
- 6) After removing the orthosis inspect your foot, ankle, and any boney areas for pressure. If the wearer lacks sensation, the orthosis should be removed occasionally during the day for skin inspection.
- 7) Once the orthosis has been removed, it is common to see some redness. This should subside within 10 minutes depending on the wearer's circulation. If redness does not disappear then discontinue use and make an appointment for an evaluation and adjustment.
- 8) Any frayed or torn straps, loose hinges, or hardware should be repaired by a Certified Orthotist.
- 9) All mechanical hinges, pivots, and locking mechanisms require maintenance by a Certified Orthotist.

### **Wearing Schedule:**

Day One: Wear orthosis for one hour. Remove for a while and then reapply for an hour. This should be done 2-3 times or more on the first day.

Day Two: Wear for 2 hours at a time. This should be done 2-3 times on the second day.

Add one hour to wearing schedule each day until tolerating all day (approximately 8 hours but this can vary). Make sure when the orthosis is removed to inspect the skin. Return for scheduled check-ups.



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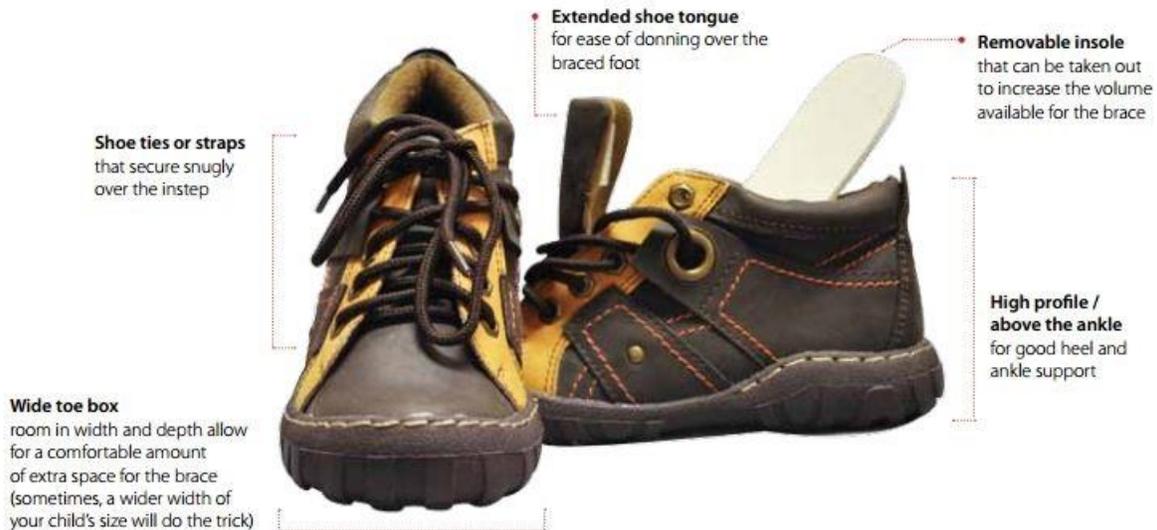
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## 1 Shoe Tips | What To Look For

To ensure your child has the most support in his/her footwear, look for shoes with the following traits:



## 2 Shoe Tips | Trying The Shoe On

- Use a fairly aggressive push to get the brace down into the toe box.
- If the brace slides into the shoe easily, the shoe may be too large.
- Find the smallest shoe that can hold the brace. You may have to wiggle and push the brace into the shoe before the heel drops in. This extra work means the shoe will be only slightly longer than normal. If the shoe is too long, your child may trip over the toes.
- A shoe horn helps get the braced foot into the shoe.

## 4 Shoe Tips | Shopping

- You may want to shop without your child. Take the brace with you and try fitting it into the shoe. You can often buy shoes, take them home for a relaxed fitting session and return or exchange them if needed.
- Once you find a brand you like, go to that specific brand again for a dependable fit.

## 3 Shoe Tips | To Help The Fit

Consider slightly altering the shoe, especially in canvas shoes with a sewn, overlapped toe box.

- Try snipping a few threads that hold the toe box closed around the attached end of the tongue.
- Look at the shoe as you insert the brace and foot to see where the material stretches as it holds the brace. A minor cut at this point can provide more room.

