

Orthotics Care and Use Instructions

AFO / KAFO / Arch Supports / KO / SMO / UCBL / Other Lower Extremity Orthoses

1. It is important to break in your new orthosis slowly. Start wearing your orthosis ____ hour(s) ____ times a day. Add ____ hour every other day until you are wearing it all day.
2. After removing your orthosis, check your skin for redness. Some redness is common and should disappear in 20-30 minutes. If it hasn't, discontinue wearing your orthosis and contact your orthotist for an adjustment.
3. Always wear a clean sock or nylon that extends higher than the top of your orthosis. This will help protect your skin and absorb perspiration. Make sure there are no wrinkles in your sock before you put on your orthosis.
4. A shoe should be worn over the orthosis at all times since the bottom surface is quite slippery. Make sure the shoe fits properly and doesn't pinch your toes.
5. Clean your orthosis weekly by wiping it with rubbing alcohol or soap and water. Overnight drying works well.
6. Keep the straps tight to prevent the orthosis from shifting, moving and chafing.
7. When the straps lose their grip, call our office to have them replaced.
8. If redness persists, or you feel pain, make sure your shoelaces are snug and the shoe is appropriate. Call for any adjustments.
NOTE: Do not let blisters develop! Adjustments, advice and answering questions are free of charge.
9. If you are given a knee orthosis, follow the instructions given during the fitting process and in the handout from the knee brace company. If you have any questions, please contact your orthotist.

LSO / TLSO / Chairback / Jewett / Corset / Other

1. Don't expect to be able to move in all directions or sit in all types of chairs. The orthosis is designed to limit motion and positions.
2. Always wear a clean T-shirt underneath your orthosis to protect your skin and absorb perspiration. All other clothing should be worn over the orthosis.
3. Make sure the waist groove of the orthosis is aligned between your hips and ribs.
4. Keep the straps tight to prevent the orthosis from shifting, moving and chafing.
5. The orthosis needs to be cleaned with rubbing alcohol or mild soap and water.
6. It is normal to see some redness. Redness lasting longer than 20-30 minutes may require adjustments, so call our office as soon as possible for an appointment.
7. The amount of time you will wear the orthosis will be determined by your physician and it usually relates to your diagnosis.
8. If you have any questions or problems, please do not hesitate to call your orthotist.

Orthotics Care and Use Instructions (continued)

Hip Orthosis

1. Your physician has prescribed a hip orthosis to keep your hip in a desired position. We have set the range of motion (ROM) to the physician's specifications. We are unable to change this ROM without a written order from your physician.
2. You may initially experience slight pressure over the hip joint due to post-surgical swelling. This pressure should decrease once the swelling subsides. If the pressure/pain does not decrease after the staples are removed, notify our office for adjustments.
3. Always wear a clean T-shirt and stockinet underneath your orthosis to protect your skin and absorb perspiration. All other clothing should be worn over the orthosis.
4. Keep the straps tight to prevent the orthosis from shifting and moving.
5. The plastic part of your orthosis can be washed with soap and water or rubbing alcohol.
6. If you feel your orthosis is not fitting properly, please call your orthotist.

Other
