

You and Your New Orthosis

Today, you were fit with your orthosis. These are your instructions for use and care of the device. Be sure to follow these instructions closely.

Your orthosis was fit in your tennis shoe today over your regular sock. Do not wear excessively thick socks as this will make the orthosis too tight in the shoe. The orthosis should always be worn with a shoe.

There are two ways to apply the orthosis:

- Independent donning: Loosen the laces of the shoe and pull the tongue back. Place the AFO in the shoe. Get your toes started into the shoe and keep your heel in the back of the AFO. Use the AFO like a shoe horn and push your foot into the shoe. Be sure to tighten the laces of the shoe and the Velcro strap(s) on the AFO.
- Donning with assistance: If someone is helping you get the AFO on, have them put the AFO on your foot and insure that the heel is all the way into the AFO. Loosen the laces of the shoe and pull the tongue back. The shoe is then put over the AFO, making sure the heel of the shoe is not folded down into the shoe. Be sure to tighten the laces of the shoe and the Velcro strap(s) on the AFO.

Your wearing schedule will be as follows:

- Week 1: 3x/day for 1 hour each time
- Week 2: 3x/day for 2 hour each time
- Week 3: 3x/day for 3 hour each time
- Week 4: Wear all day.

Note: Do not progress to the next week unless you are able to wear the orthosis for the full wearing schedule.

Be sure to keep all of your follow-up appointments with your doctor and orthotist.

If there are any signs of rubbing or sores, immediately stop the wearing schedule and make an appointment to be seen for a follow-up visit with the orthotist.

If you have any questions or concerns, please contact us at (877) 315-6118.