

## **Crow Walker Orthosis Use and Care Instructions**

A Crow Walker (also called a clam shell Ankle Foot Orthosis) is a custom molded foam lined brace to provide support and protection to the foot, ankle, or lower leg. It is made from a cast of the patient's leg and foot.

### **How to Use Your Crow Walker:**

- Wear a cotton sock between your skin and the Crow Walker. A sock will absorb perspiration and help protect your skin.
- The Crow Walker should be worn in accordance to your physician's directions. Some patients will wear the brace 24 hours a day, others when they are up. Also, some patients are able to weight bear when they receive the brace, others are instructed by their physician to not bear weight yet.
- To put on your Crow Walker, open the walker by removing the front shell, position the walker on your foot and leg with your heel back and down all the way into it, position the front shell on the brace and fasten the velcro straps snugly.
- When you first try to walk with your Crow Walker, you may feel awkward as the brace prevents motion at your ankle and it may have a rocker sole. Practice in your home or with a physical therapist before you walk outside.
- It is VERY important to check your foot and leg for any red pressure areas. This is especially important for patients who are diabetic, who have swelling, or have poor sensation in their feet. Call your orthotist if you have any concerns. If there is any redness on your skin that persists for more than 20 minutes following removal of your brace contact your orthotist/pedorthist. Pay special attention to any existing or healing ulcers or sore. If there is swelling in you leg or foot you may not be able to correctly close the front shell.
- Do not become discouraged if you feel adjustment is needed. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

### **How to Care For Your Crow Walker:**

- Clean the liner of the Crow Walker if it becomes soiled. It should be cleaned once a day by wiping the inside with rubbing alcohol. If it becomes soiled you can clean it with soap and water; be sure to rinse all soap residue from the brace and dry it before putting it back on. Schedule an appointment at our office if any problems with your Crow Walker occur.