



PROFESSIONAL ORTHOTIC & PROSTHETIC SERVICES

919 Westport Place • Manhattan, KS 66502
(785) 320-2320 • brandon@popsks.com

ORTHOTIC USE & CARE INSTRUCTIONS

This guide is intended as a supplement to the verbal instructions provided when you received your new orthosis. It is intended to address the most frequently asked questions and highlight important aspects of care and use to increase your overall success. If you have any additional questions, please contact our office for assistance.

Daily Wearing Instructions

- 1.** Inspect your skin daily while using this device. If you notice any redness or other skin irritation that does not go away within 20 minutes after removing the device, you should contact our office to schedule an appointment. If you are unable to adequately inspect your skin, you should seek assistance from a family member or other caregiver.
- 2.** This device should be cleaned daily. With plastics you may wipe them with a damp cloth, using antibacterial soap as necessary to clean soiled areas. Alcohol may be used to remove stubborn stains.
 - Cotton materials and straps should be spot cleaned with soap and water. Lint and threads stuck in Velcro straps can be removed using the tongs of a fork.
 - Metal components may be cleaned with a damp cloth and should be dried immediately.
 - Leather may be cleaned with a damp cloth and mild detergent. Leather cleaners may also be used. Be sure the leather is completely dry before wearing the orthosis.
- 3.** Plastic orthosis should not be exposed to extreme hot or cold temperatures. Such exposure may distort or crack the orthosis.
- 4.** Small chips along the edges of a plastic orthosis may cause a crack. Feel along the edges periodically for chips or rough areas.
- 5.** Most leg and/or ankle orthosis are designed for use with a shoe. Never walk without a shoe unless specifically advised to do so by your Orthotist.
- 6.** Maintenance on your device should be kept up on regularly in order to assure your safety. This should include the following:

(Please continue instructions on the reverse side.)

- Straps not adhering securely should be replaced.
- Lubricate movable metal joints regularly with 3-in-1 oil or silicone spray. If noises or roughness continue, notify your Orthotist.
- Screws may become loose. These should be checked periodically to assure they are tight.

7. A yearly check-up to assure proper fit and function of your orthosis is highly recommended.

8. We are very aware of the importance of wearing an orthosis. If immediate repair or replacement is needed, it will receive the highest priority and every effort will be made to service or replace the appliance in the shortest period of time possible. If you are experiencing an emergency, call our office. If our office is not open contact the emergency number listed on the voicemail.

Your Wear Schedule

Day 1: Wear 1 hour only

Day 2: Wear 1 hour in the morning & 1 hour in the evening

Day 3: Wear 1 1/2 hour in the morning & 1 1/2 hour in the evening

Day 4: Wear 2 hours in the morning & 2 hours in the evening

Day 5: Wear 3 hours in the morning & 3 hours in the evening

NOTE: *If no problems arise, continue to increase your wear time by 1 hour each day or as tolerated.*

Warranty

Our warranty provides no charge fitting adjustments for six months from the date of delivery of a new orthosis.

Professional Orthotics & Prosthetic Services warrants each device to be free from defective workmanship and/or parts, under normal service and use, for six months from the delivery date.

This warranty does not cover non-custom items, accessories (such as straps), or adjustments for anatomical or medical changes.

This warranty becomes void immediately if the device has been altered by anyone other than Professional Orthotics & Prosthetic Services If any of its parts have been subjected to misuse, negligence or accident; or if a patient fails to fulfill patient responsibilities.



PROFESSIONAL ORTHOTIC
& PROSTHETIC SERVICES

919 Westport Place • Manhattan, KS 66502
(785) 320-2320 • brandon@popsks.com