

Orthotic Wearing Schedule and Care

DAY ONE:

Wear Device for 30 Minutes.
Take off for a minimum of 30-minute break.

DO THIS 5 TIMES

DAY TWO:

Wear device for 45 minutes.
Take off for minimum 30-minute break.

DO THIS 5 TIMES

DAY THREE:

Wear device for 1 hour.
Take off for minimum 30-minute break.

DO THIS 5 TIMES

DAY FOUR:

Wear device for 1½ hours.
Take off for minimum 30-minute break.

DO THIS 4 TIMES

DAY FIVE

Wear devices for 2 hours.
Take off for Minimum 30-minute break.

DO THIS 3 TIMES

DAY SIX

Wear devices for 3 hours.
Take off for minimum 30-minute break.

DO THIS 2 TIMES

DAY SEVEN

Wear devices for 4 hours.
Take off for minimum 30-minute break

DO THIS 2 TIMES

This device is intended for positional and/or normal gait/ambulation/therapy activities only.

Instruction: Socks Must be utilized as initial layer. (preferably cotton, seamless and long enough to extend past top of device.) Do not wear plastic next to skin. Make sure heel/foot is seated correctly within device and that all straps are tightened firmly. Loose straps allow irritation. Place foot and device into shoe. Device should be cleaned with an alcohol wipe or damp cloth at weekly intervals or as needed. Do NOT submerge in water. If your device needs repair/adjustment, please discontinue use and contact this office for an appointment immediately.

When devices are not in use, place on shelf or in drawer in order to maintain safety.

CAUTION: Do not allow children or your pets to chew on devices.

Allowing anyone other than staff of

O & P Services Inc. to adjust or modify your device will void warranty and may cause your devices to be unrepairable.

Note: *During each 30-minute break, look for bright red marks that do not go away within 25 minutes.* If you see a red spot that does not go away, wait until it does and then put the brace back on, making sure there are no wrinkles in the socks, or something stuffed in the shoe. If red spot shows up 2 or 3 times in a row, stop wearing the brace and call our office.

Remember with new shoes you may pull out the insole for more room as needed.

Following wearing schedule is to be worn 8-12 hours a day thereafter.