

CRO Walker Total Contact AFO

Care and Use Instructions

APPLYING THE ORTHOSIS

1. Always wear a clean sock (cast sock or stockinet) or nylon that comes higher than the top of the orthosis. This provides an air layer between the leg and plastic, and protects the skin. Avoid cotton socks, particularly in cold weather because cotton absorbs and retains water.
2. After you put on your orthosis, make sure you are safe when you begin. Use a walker, cane, etc. or have someone with you when you start because the orthosis is holding your foot and leg differently.



WEARING GUIDELINES

Your new orthotic appliance will take some time to get used to. The first 1-2 weeks is a break-in period. Please be sure to check regularly for skin irritation points during this period.

Day 1 & 2:

Wear the orthosis for two hours at a time only. When you remove your brace, check your skin. You should notice an outline on the skin surface from the edges of the appliance and possibly bony areas such as the ankle. These marks should disappear in 15-30 minutes. If this is the case, there is no need for concern. If the marks take from 30-45 minutes to disappear, they need to be closely monitored. Any marks that are visible after 45 minutes require attention. Note where the problem area is occurring on the brace, and call the office to have adjustments made.



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Day 3 to 14:

Gradually increase the amount of time the brace is being worn. A good gauge is personal comfort. If you have reduced sensation, then wearing the appliance 30 to 45 minutes longer each time is a safer practice. However, be sure to check each time the appliance is removed. Remember, any marks that are visible after 45 minutes require attention.

As you begin to walk more with the brace, you may notice a change in the way that you walk. The most common noticeable difference is reflected in the way in which the foot clears the floor (in swing phase of gait), and the way in which the foot comes in contact with the floor (at heel strike). If your toe begins to drag (i.e. Catch the floor) adjustments will be required. Generally, modifications to the angle at which the foot is held within the brace, will correct this problem. Call the office for adjustments.

The plastic portions of your appliance are washable with soap and water. Metal parts are best wiped with a mild soap and water solution and dried immediately. Joint surfaces of metal should be lubricated with a paste products of silicone or lithium grease only. Oils such as "3 In 1" and spray lubricants usually run and can stain your clothes.

Flexible plastic AFO's will eventually crack at the bend point of the plastic. This is due to a process known as work hardening. Prior to the plastic fracturing, there is a change in the color of the plastic. The plastic becomes whitish from stress. If you notice a whitish color appearing in a stress area, call the office and we will stress relieve the problem area.

Temporarily discontinue usage of the orthosis if you notice any of the following:

- Unusual swelling
- Pain or other change in feeling or function of leg, ankle or foot.
- Pressure areas (red spots that don't go away in about 30 minutes)
- Broken or missing parts.

NOTE: Call your Orthotist immediately for any adjustment, do not let it turn into a blister! Adjustments, advice, or answering a question is free of charge.

NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury



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