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## INSTRUCTIONS FOR USE

### Custom Orthoses

#### INTENDED USE

Your child has received orthotic devices that provide an external support system to align the foot, ankle, and lower leg to an optimal position. These devices are intended for normal daily activities for patients with numerous medical conditions including:

- Neurological or neuromuscular problems
- Developmental delay
- Cerebral palsy
- Pes planus (flat feet)
- In-toeing or out-toeing
- Down Syndrome

#### WEARING SCHEDULE

On the first day, begin by wearing the orthosis for one (1) hour. After one hour, remove the orthosis and check your skin. Some slight red marks may be observed on the skin. These should fade and/or go away completely within 20-30 minutes. Slight redness is common at the arch, instep and bony areas of the foot/ankle. If redness does not go away within 20-30 minutes, or if you notice any blistering or bruising, do not put the orthosis back on. Call your Orthotist and schedule an appointment.

On the second day, put the orthosis on for two (2) hours. Check skin, once again. Increase amount of wear time an hour each day. It typically takes 7-14 days to break in the orthosis to be able to wear it all day. Continue to check your skin for any areas of concern. It is typical to experience muscle soreness while adapting to an orthosis as your walking patterns are changing. Wear the orthosis daily to experience the best results.

#### DEVICE CARE

Your child's orthosis or insert may be cleaned using mild soap and warm water. Towel dry, then allow a few hours for thorough air drying. The inserts and orthoses may also be wiped off with rubbing alcohol and a cloth. Do not soak in alcohol. The devices should be cleaned regularly to ensure good hygiene and prolong the useful life of the device.

## SOCKS

Orthoses and shoe inserts should be worn over appropriate socks (we recommend a cotton-synthetic blend of medium thickness), and with shoes. Scoring or heavy scratching, especially on the bottom, may lead to stress fractures in the plastic.

If your child has received an orthosis that comes above the shoe, he/she will need to wear socks that are longer than the orthosis so that his/her legs are protected from any rubbing. We provide one pair of SmartKnit AFO socks when delivering orthoses that come above the shoe. Additional pairs of these socks may be purchased through our office or you may purchase additional pairs online at [cascadeshop.com](http://cascadeshop.com). However, any socks will be appropriate to wear under the orthosis as long as the socks extend above the top of the orthosis. Many parents find that crew cut socks or knee high socks work well under their children's orthoses.

## SHOES

We provide one pair of accommodative shoes (typically New Balance tennis shoes) to be worn with your child's orthoses or inserts. We try to provide shoes that your child will enjoy wearing and that accommodate color preferences. We order our shoes through New Balance online and are unfortunately limited by what sizes are available through the online store at the time of ordering. If you are not pleased with the color or style shoe we have provided, they are not the only pair of shoes your child may wear with his/her devices. Feel free to purchase additional pairs of shoes that will accommodate your child's orthoses or inserts. When shopping for shoes, look for a shoe that does not bend easily. The stiffer the shoe, the more support your child will receive from his/her orthoses or inserts. The shoes also need a deep toe box, a high profile ankle, and a removable insole. All of these features allow for room for your child's orthoses or inserts and his/her foot inside the shoe. When switching your child's devices into new shoes you have provided, remove the insole to allow for extra room inside the shoe. Generally, lace up shoes are more accommodating than Velcro closures, but it is possible to accommodate orthoses or inserts in Velcro shoes. The size of shoe we provide is generally the correct size when purchasing additional shoes, but sizes can vary slightly between brands of shoes. When measuring the correct length, your child needs a thumb's width of space (about 1/4 – 1/2") from the end of his/her big toe to the end of the shoe. If your child's toes are at the end of the shoes, the shoes are too small.

## FOLLOW UP

We are able to provide replacement items for your child due to growth and/or *normal* wear and tear. This is typically every 6 months to a year for the average child. Please contact our office for a follow up visit to evaluate the fit and function of your child's orthoses, if you feel that your child has outgrown his/her current orthoses or inserts, or if you feel that the orthoses or inserts have become too worn and are no longer functioning properly.