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INSTRUCTIONS FOR USE Off-the-Shelf Orthotic Devices

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, only wear the inserts for one hour. Increase wear time by one hour each day. Your child will adapt quickly to wearing his/her orthoses (braces) or shoe inserts. Gradually increase the amount of wear time over the course of one to two weeks. It typically takes 7-14 days to break in the orthosis to be able to wear it all day. Continue to check the skin for any areas of concern. It is typical to experience muscle soreness while adapting to an orthosis as walking patterns are changing. Wear the orthosis daily to experience the best results.

After an initial one to two weeks of wear, your child will have adapted to his/her orthoses or inserts. *Any complaints of discomfort, especially after he/she has been wearing the devices comfortably for a while, should be communicated to one of our practitioners.* Red marks on your child's skin are normal. However, redness or any signs of skin irritation that do not go away within 20 minutes after the orthosis or insert has been removed, may indicate a problem with the fit of the orthosis or insert that requires attention. ***If you notice redness or skin irritation lasting longer than 20 minutes, please discontinue wear and contact our office so we may schedule a follow up appointment to address this problem.***

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. 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.

If your child has received inserts that are worn inside shoes and do not show above the ankle of a shoe, we do not provide socks, and you will need to ensure your child is wearing his/her everyday socks with the inserts and shoes.

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.