

DANKMEYER

PROSTHETICS & ORTHOTICS

WEARING INSTRUCTIONS FOR YOUR CROW WALKER **(Charcot's Restraint Orthotic Walker)**

CROW is an acronym for Charcot's Restraint Orthotic Walker. This is an orthosis that is clamshell in design and covers the entire foot and calf of the leg, resembling a ski boot. Orthoses (braces) provide an external support system to align the foot, ankle and lower leg in a good position for daily activities. While it is somewhat big and bulky, the CROW gives tremendous support by preventing foot and ankle movement. It is fully padded on the inside. A shoe is NOT worn with this orthosis; however, proper footwear should be worn at all times on the opposite foot.

Application

1. Apply a long, thin cotton sock to your leg. The sock will reduce friction as well as help keep your foot drier by absorbing perspiration. The sock should come up a little higher than the top of the orthosis and should be kept wrinkle-free.
2. Slide the CROW into position, ensuring that the heel is fully seated within the bottom of the footplate.
3. Apply the front section of the device, making sure its sides overlap the back section.
4. Apply the instep strap on the front of the ankle.
5. Fasten all remaining straps.

Wearing Schedule

Day 1: Wear the orthosis for 1 hour at a time.

After 1 hour, remove the CROW and check your skin for red marks. Some small, light red marks may be noticed on the skin, but they should go away within 20-30 minutes of removing the brace. Slight redness is common over the instep and under the ball of the foot.

IF the red marks DO NOT go away in 20-30 minutes or if you notice any scratching, bruising or blistering, do not put the CROW back on. Call immediately to schedule an appointment with your Orthotist.

If the skin is ok, wait at least 1 hour and then put the CROW back on for 1 hour at a time for the rest of the day, checking the skin after each hour.

MAIN OFFICE: 1-800-879-1245

CUMBERLAND OFFICE: 301-777-7086 ● EASTON OFFICE: 410-822-7599 ● SINAI OFFICE: 410-5542-6500

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Day 2: Wear the orthosis for 2 hours at a time.

After 2 hours, remove the brace and check the skin. If the skin is ok, put the brace back on 2 hours at a time for the remainder of the day, checking the skin after every 2 hours. If your skin is ok, gradually increase your wearing time by 1 hour each day, checking the skin after each wearing time.

Orthoses should not be worn for sleeping or while lying in bed for an extended period of time unless they are specifically designed to be worn at night while sleeping. Orthoses should not be worn into the shower, bath or pool.

A new orthosis may feel uncomfortable at first, but it should never hurt or be painful to wear. If you feel any sharp pressure or pain from the orthosis, especially over a bony area, remove the orthosis, and check your skin. Any red mark or sign of irritation that does not go away within 20-30 minutes of removing the orthosis may indicate a fit problem. Be sure to contact your practitioner if this happens.

People with diabetes, vascular insufficiency or neuropathy are especially vulnerable to skin irritations, particularly in bony areas and the bottoms of the feet. Extra care should be taken and even minor skin irritations should be treated promptly.

Any complaints of discomfort, especially after you have worn the orthosis comfortably for a while, may signal the need for adjustment of the orthosis,

Cleaning and Maintenance

Any skin covered by the orthosis should be washed daily with warm water and mild soap. Thoroughly clean the bottoms of your feet and between your toes to avoid dirt and bacteria collections.

The best way to clean a CROW is to spray the inside with rubbing alcohol and wipe it dry to remove body oils and residue.

Do not immerse the CROW in water, as this will harm the straps and fasteners. Keep the CROW away from excessive heat to prevent damage to the plastic.

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Significant changes in your weight may cause improper fit of your orthosis. Do not attempt to adjust/repair your orthosis. Contact our office to set up an appointment for adjustments/repairs. You should schedule an annual follow-up appointment with Dankmeyer, Inc. to assure the fit and function of your orthosis is maintained.

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