

DANKMEYER

PROSTHETICS & ORTHOTICS

INSTRUCTIONS FOR USE CUSTOM-MADE DEVICES

Orthoses (braces) provide an external support system to align the foot, ankle and lower leg in a good position for daily activities. In order to do this, it may limit some motions in the foot and ankle. Typically, after the initial 1-2 weeks of an intermittent wearing schedule, patients quickly adapt to wearing orthoses full time.

Wearing Your Orthosis

Shoes and clean socks (we recommend a cotton-synthetic blend of medium thickness) should always be worn with your orthosis. 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. If the seam in the toe of the socks is bothersome, try turning it inside out or repositioning the seam.

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, or in the case of a child, for replacement of the orthosis if they have outgrown it.

Break-in Schedule

Day 1: Wear the orthosis for 1 hour at a time, 3 times during the day.

Day 2: Wear the orthosis for 2 hours at a time, 3 times during the day.

MAIN OFFICE: 1-800-879-1245

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

Hours of Operation: Monday through Friday, 8:00 am - 4:00 pm

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Day 3: Wear the orthosis for 3 hours at a time, 3 times during the day.

Day 4: Full time wearing schedule during the day.

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. Also, do not sit with your feet propped out in front of you on a couch, coffee table or recliner for an extended period of time with the orthosis on. Orthoses should not be worn into the shower, bath or pool.

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.

Finding Shoes

Your orthoses should never be worn without shoes. Low-top, lace up athletic shoes or orthopedic style shoes with the factory insole removed will work best and provide the best base of support for walking. Shoes worn with the orthosis should provide sufficient support: slippers, sandals and loafers may be inappropriate depending on your foot/ankle condition (check with your orthotist). Some brands that work well are: New Balance (cross trainers), SAS, Drew and P.W. Minor.

Caring For Your Orthosis

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.

Rubbing alcohol or a damp washcloth with mild soap may be used to clean your plastic orthosis. Be sure to rinse and dry the orthosis thoroughly with a towel before putting it back on. Do not use heat to dry the orthosis. Heat will alter the shape of your orthosis and it may no longer fit appropriately as a result.

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