

DANKMEYER

PROSTHETICS & ORTHOTICS

IMPORTANT WEARING INSTRUCTIONS FOR YOUR MOLDED PLASTIC LOWER EXTREMITY ORTHOSIS

Your orthosis (brace) is designed to hold the foot, ankle and knee in a good position for weight bearing and walking. In order to do this, it may limit some motions of your leg.

A clean sock should always be worn between you and the orthosis. The sock will reduce friction as well as help keep you drier by absorbing perspiration. The sock should be wrinkle free and a little higher than the top of the calf part of the orthosis. Your orthosis should never be worn without shoes. The bottom of a plastic orthosis is very slick and without shoes on, your feet will have a tendency to slip out from under you. Low top, lace-up sneakers, walking shoes or orthopedic style shoes with the factory insole removed, will work best and provide the best base of support for walking.

Your orthosis is designed to be worn when you are up and walking. Do not sit with your feet propped out in front of you on a couch or coffee table for an extended period of time. Also, you should not sleep or lie in bed for an extended period of time with your orthosis on unless your orthosis is designed to be worn at night while sleeping. Doing so could result in a blister or sore on the back portion of your heel where all the weight on your leg rests while in bed.

Rubbing alcohol or a damp washcloth with a mild detergent may be used to clean a plastic orthosis. Be sure to dry the orthosis thoroughly with a towel before putting it back on.

Wearing a new orthosis is like breaking in a new pair of shoes. Your Orthotist will determine your break in period. After each period of wearing the orthosis, carefully check your skin for pressure areas. If you cannot feel your foot when someone touches it, and/or you have diabetes, daily skin checks are extremely important to avoid skin breakdown and possible development of open sores. You should check your skin by removing your sock and note any areas of redness or irritation, particularly over bony areas. The redness should disappear in 10-20 minutes. If this is the case, gradually increase your wearing time until you are wearing the brace all day every day unless specified otherwise by your doctor or your orthosis is designed to be worn only at night. If you have any areas of redness that do not disappear within this time frame, please contact our office as soon as possible and discontinue wearing the orthosis. Adjustments may need to be made to the orthosis. 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, check your skin and notify your orthotist.

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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Significant changes in your weight may cause improper fit of your orthosis. Do not attempt to adjust/repair your orthosis yourself. Contact our office to set up and appointment with your orthotist 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.

If you have any questions or concerns regarding your orthosis, please do not hesitate to call our office.

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