

# Lower Extremity Use & Care Guide

## Putting on Your Brace(s)

1. Put on a sock and smooth out any wrinkles
2. Sitting with hips and knees flexed:
  - a. Soft Inner Boot: open the foot portion of the brace and slide the heel and foot back into the brace
  - b. Hard Inner Boot: open the foot portion of the inner boot, slide the heel and foot back into the inner boot, and push the inner boot down into the outer boot
3. Make sure the heel is fully seated in the back of the brace
  - a. Pushing straight down on the knee may be helpful
4. Secure all straps from the bottom up
  - a. Correctly tightened straps will prevent the foot from moving in the brace
  - b. Straps that are too loose can result in pressure points or skin irritation

**Braces are designed to be worn with socks and shoes.** Wearing your brace(s) without shoes:

- ❗ Will negatively impact the functional benefits of the brace(s)
- ❗ Puts you at significant risk for slips and falls
- ❗ Can damage the brace (which is not covered under warranty)

## Wearing Your New Brace(s)

We recommend the following break-in schedule to give you time to adjust to wearing the brace(s). The break-in schedule will vary depending on your level of involvement or any past bracing experiences. At the end of the break-in period, you should be able to wear the brace(s) full time, up to 23 hrs. per day based on your clinician's recommendation.

## Break-In Schedule

Day	Wear Time
1	1 hr
2	2 hrs
3	4 hrs
4	8 hrs
5	Full time wear as recommended

**Note:** It is common to experience decreased balance, fatigue, muscle soreness, and irritability during the break-in period.

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## When are Adjustments Needed?

We are here to ensure that your brace(s) is fitting and functioning properly. Please contact our office if any of the following issues arise:

- 📍 Any redness or irritation that does not go away within 30 minutes after removing the brace(s).
- 📍 Complaints of discomfort after the break-in period.
- 📍 No functional improvement after 2 weeks of full-time wear.
- 📍 Worn-out straps or padding.
- 📍 Cracks or breaks in the plastic.
- 📍 It appears the brace is too small due to growth.

## Caring for Your Skin

- 📍 Examine the skin for irritation and/or redness each time you remove the brace(s).
- 📍 It is normal to see some pinkness along the foot and ankle due to the compression of the plastic and straps.
- 📍 However, any redness should fade within 30 minutes of removing the brace(s). Redness lasting longer than 30 minutes may indicate that an adjustment is needed.

## Cleaning Your Brace

- 📍 Clean your brace at least once a week or as needed.
- 📍 Brace(s) may be cleaned with warm water and mild soap or using isopropyl alcohol.
- 📍 Dry using a soft cloth towel and allow a few hours to air dry. Do NOT dry with heat.



### Locations:

Minneapolis  
St. Paul  
Minnetonka  
Maple Grove  
Northfield

### Contact us at:

[www.orthoticcareservices.com](http://www.orthoticcareservices.com)  
612.871.1480

