



## Guidelines for Wearing Your Orthosis

Your orthotist will have shown you how to put on and remove the orthosis at the time of your final fitting. Follow the instructions provided for putting the orthosis on. It is important that you follow the exact strap sequences. Every effort has been made to ensure that the fit or function of the orthosis is appropriate. You should arrange a follow-up visit to ensure that the orthosis is functioning properly.

1. Always wear a smooth sock or stockette under the orthosis to reduce friction and protect your skin from perspiration. Remember to keep the sock wrinkle free. Natural fiber socks such as cotton allow better air circulation and absorption of perspiration.
2. Make sure that when you put on the orthosis that the heel is firmly seated. This helps to make sure that the foot and ankle are in the correct position in the orthosis.
3. If your orthosis has a locking mechanism at the knee, make sure that they are secure before you attempt to ambulate/walk.
4. Any leg orthosis must be worn with a shoe since it is extremely slippery, unstable and not effective without a shoe.
5. Please be sure to follow the *Initial Wearing Schedule* below.

## Instructions for Initial Wearing Schedule

1. Do not wear the orthosis for more than ½ hour the first day. It will take time to get used to the feeling and pressure of the orthosis. It is best to get used to it for short periods.
2. Make sure to take the orthosis off and thoroughly inspect the condition of your skin for any signs of irritation. If you notice any irritation or red marks remove the orthosis. If it does not dissipate in 20 minutes, do not put it back on. Instead, contact Achilles Prosthetics & Orthotics at 201-785-9944.
3. If redness dissipates within 20 minutes, increase wearing schedule by ½ the following day. Temporary redness may occur since the orthosis controls the biomechanical alignment.
4. It is important to remember that your body may undergo changes over time that may affect the fit or function of the orthosis. If you are concerned about safety or effectiveness of your orthosis, or if you experience changes in your physical condition or general health that may affect the use of your orthosis, contact Achilles Prosthetics & Orthotics to schedule a follow-up appointment.

*Feel free to call us at 201-785-9944 if you have any concerns. This will allow us to properly monitor your progress.*