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INSTRUCTIONS FOR FRACTURE ORTHOSIS

You have been fit with a fracture orthosis, as prescribed by your doctor. The purpose of this device is to provide stability while your fracture heals. Following are some commonly asked questions regarding this device:

WILL I HAVE THE PLASTIC TOUCHING MY SKIN?

No, a stocking must be worn between your skin and the device. This will provide minimal padding and absorption of perspiration.

WHAT TYPE OF SHOE WILL I NEED?

(If you have a fracture in your arm, skip to the next section.) If your fracture is in your lower extremity, a shoe required. An athletic or oxford type shoe works best. The shoe must have a tongue, with a lace or Velcro closure across your instep to prevent your foot from coming up out of the device. Your orthosis was designed for a stable ½" heel rise, and must be worn with a shoe. Changing the heel height of the shoe can affect the function and s provided. You may need to obtain a wider shoe, have your existing shoe stretched, or have the insole removed allow adequate room for the device.



WEARING INSTRUCTIONS:

1. The orthosis should be snug at all times, but should not cause pain or discomfort.
2. Visual inspection of the skin is required several times per day to prevent skin breakdown and ensure the device is positioned properly.
3. Your physician must instruct you on specifics such as how often to remove the device (for purposes of changing the stocking, bathing, sleeping, etc.). Your physician will determine when and how much weight to on your leg, or how much to use your hand/arm.
4. You must remove the orthosis to change the stocking and clean your skin as often as your physician recommends (see #3 above). It is not recommended to remove the device for sleeping unless your physician has instructed you to do so. The device must be kept clean.
5. You or an assistant will need to inspect your skin daily to prevent problems from occurring.



CLEANING INSTRUCTIONS:

Your device may be wiped with a clean, dry cloth. Rubbing alcohol may be used for disinfection

SPECIAL NOTE:

Keep device away from direct heat (i.e. heater, hot car) to prevent damage to the plastic. Do not attempt to modify your own device. Doing so will result in a void in warranty.

WHEN SHOULD I CALL MY ORTHOTIST?

- If you see areas that are causing skin irritation, rubbing, blisters or bruising.
- If you undergo significant weight or volume change that causes the device to fit too tight or too loose.
- If you experience pain, numbness, or tingling from the device.
- If you have any problems with the use if your device; discontinue using it immediately and contact your orthotist.



Signature _____ **Date** _____