



Spinal Orthosis Wear and Care Instructions

- **Donning and Doffing**
 - Follow the manufacturer's instructions included in the delivery of your spinal orthosis
 - For custom spinal orthoses, typically start by tightening the lowest strap and continue tightening the straps from bottom to top. Retighten straps until the brace is snug
- **Cleaning**
 - Follow manufacturer's instructions included in the delivery of your spinal orthosis
 - For custom devices, rubbing alcohol can be placed on a cloth and then used to clean the plastic and foam of a custom device.
- **Break In Schedule**
 - Always follow the break in schedule provided by your physician
- **Wear Schedule**
 - Follow the wear schedule provided by your physician
 - Typical use may include anytime you are sitting or standing
- **Follow Up**
 - Watch out for redness on your skin that doesn't fade, blisters, calluses or other signs of excessive pressure. Follow up with the orthotist if any of these occur
 - Please contact the orthotist with any concerns about the orthosis
 - Follow up with the physician as needed.

Lower Limb Orthosis Wear and Care Instructions

- **Donning and Doffing**
 - Follow the manufacturer's instructions included in the delivery of your orthosis
 - For custom orthoses, place your leg in the orthosis. Ensure that your heel and foot are positioned fully in the orthosis.
- **Cleaning**
 - Follow manufacturer's instructions included in the delivery of your orthosis
 - For custom devices, rubbing alcohol can be placed on a cloth and then used to clean the plastic and foam of a custom device.
- **Break In Schedule**
 - Always follow the break in schedule provided by your physician
 - Start by wearing the orthosis for 1 hour the first day. You can then wear the device for 2 hours on the second day. Keep adding 1 hour every day until you reach full time use. Watch for blisters, calluses, sores or redness that lasts longer than 30 minutes. If any of these occur, follow up with the orthotist.
- **Wear Schedule**
 - Follow the wear schedule provided by your physician
 - Typical use may include anytime you are ambulatory
 - Cotton socks can help reduce friction and provide moisture wicking from the orthosis
- **Follow Up**
 - Watch out for redness on your skin that doesn't fade, blisters, calluses or other signs of excessive pressure. Follow up with the orthotist if any of these occur
 - Please contact the orthotist with any concerns about the orthosis
 - Follow up with the physician as needed.

Upper Limb Orthosis Wear and Care Instructions

- **Donning and Doffing**
 - Follow the manufacturer's instructions included in the delivery of your orthosis
- **Cleaning**
 - Follow manufacturer's instructions included in the delivery of your orthosis
 - For custom devices, rubbing alcohol can be placed on a cloth and then used to clean the plastic and foam of a custom device.
- **Break In Schedule**
 - Always follow the break in schedule provided by your physician
 - A typical break in schedule is as follows. Start by wearing the orthosis for 1 hour the first day. You can then wear the device for 2 hours on the second day. Keep adding 1 hour every day until you reach full time use. Watch for blisters, calluses, sores or redness that lasts longer than 30 minutes. If any of these occur, follow up with the orthotist.
- **Wear Schedule**
 - Follow the wear schedule provided by your physician
 - For carpal tunnel syndrome, wear the orthosis while resting at night.
- **Follow Up**
 - Watch out for redness on your skin that doesn't fade, blisters, calluses or other signs of excessive pressure. Follow up with the orthotist if any of these occur
 - Please contact the orthotist with any concerns about the orthosis
 - Follow up with the physician as needed.

Lower Limb Prosthesis Wear and Care Instructions

- **Cleaning**
 - If you utilize a silicone or gel liner, clean the interior of the liner every day with soap and water. Turn the liner right side out and hang dry
 - The interior of the socket can be cleaned with rubbing alcohol on a cloth
- **Maintenance**
 - Regularly look for signs of wear or damage – contact the prosthetist immediately if you notice any signs
 - Prior to donning the device, check for foreign objects such as dirt or debris in the socket
 - Do not attempt to repair or adjust the prosthesis yourself. Do not apply foreign substances or lubricants to mechanical parts
 - While most prosthetic components are water resistant, they are not completely water proof. If the prosthesis gets wet, dry completely. If salt water comes in contact with the prosthesis, wash with fresh water and dry completely
 - If you have any concerns, contact your prosthetist immediately
 - Schedule regular prosthetic check-ups with your prosthetist
- **Break In Schedule**
 - Always follow the break in schedule provided by your physician
 - A typical break in schedule is as follows. Start by wearing the prosthesis for 1 hour in the morning and 1 hour in the evening. Each day you can add 1 extra hour in the morning and 1 extra hour in the evening for a week. After a week you can wear the prosthesis full time during waking hours
- **Wear Schedule**
 - The prosthesis can be worn all day once broken in
- **Donning**
 - If using a liner, turn the liner completely inside-out before donning. Make sure that the liner is clean before donning. Place the liner flush against the bottom of your limb and roll the liner on your limb.
 - Ensure that there are no air pockets after rolling the liner on your limb. If there are, remove the liner and don it again.
 - Apply any necessary prosthetic socks over the liner to ensure that the socket fits snugly when donned.



- Ensure that the prosthesis is attached properly before ambulating
- **Doffing**
 - Detach the prosthesis as instructed by your prosthetist
 - Remove the liner by reflecting in down off your leg
 - Wash and clean as described above
- **Residual Limb Care**
 - Regularly inspect the skin for signs of breakdown or excessive pressure. Do not remove hair from the limb through shaving, waxing or plucking as this can lead to ingrown hairs and/or infection
 - Unless prescribed by your physician refrain from using lotions or skin creams on your leg
 - Exercise regularly to maintain strength and range of motion in your residual limb
- **Follow Up**
 - Watch for areas of excessive pressure (redness lasting longer than 30 minutes), blisters, calluses or sores. If any of these occur, please call your prosthetist immediately
 - Please contact the prosthetist with any concerns about the prosthesis
 - Follow up with the physician as needed

Diabetic Shoe/Foot Orthotic Wear and Care Instructions

- **Break In Schedule**

- Wear your shoes and/or inserts with socks for 30-60 minutes for the first day
- Check for signs of excess pressure (redness, blisters, calluses or sore spots) once the shoes are removed.
- If there are no signs of excess pressure, add one extra hour every day for a week – checking for excess pressure each time
- After one week, the devices can be worn full time – always checking for excess pressure after use

- **Cleaning**

- Foot Orthoses can be cleaned with rubbing alcohol and a soft cloth
- Leather shoes can be cleaned with normal leather cleaner
- Other materials can be cleaned with a mild soap/water solution

- **Follow Up**

- If there are any signs of excess pressure, call the orthotist immediately
- Follow up with the physician as needed