

Device Guide

Supra Malleolar Orthosis (SMO), UCBL and Foot Orthotic

PURPOSE

The purpose of SMOs, UCBLs and foot orthotics are to control your foot alignment. Proper foot alignment will improve the overall alignment of your body, thereby giving you a better base of support and hopefully decreasing any pain you may be experiencing.

DONNING INSTRUCTIONS

1. Make sure your heel is properly positioned into the orthosis.
2. If the orthosis has dorsum panels, open the panels and slide your foot along the plantar (bottom) surface of the orthosis.
3. If there are straps on the orthosis, make sure they are as tight as you can tolerate them. The straps will ensure your foot remains properly seated in the orthosis.
4. Always wear a clean sock or nylon that extends higher than the top of the orthosis. The sock provides a barrier between your foot and the orthosis; it protects your skin and keeps it cooler.

BREAK-IN SCHEDULE

Gradually increase the amount of time you wear the orthosis. In the beginning, wear it for a short period of time and take it off, remove your sock and check for redness on

your foot and ankle. The redness can be a sign of a high-pressure area. Below is our recommended schedule for “breaking in” your orthosis.

- Day 1:** 1 hour on and 1 hour off, all day
- Day 2:** 2 hours on and 1 hour off, all day
- Day 3:** 3 hours on and 1 hour off, all day
- Day 4:** 4 hours on and 1 hour off, all day
- Day 5:** 5 hours on and 1 hour off all day
- Day 6:** you can wear the orthosis all day if you are not having any problems

CLEANING INSTRUCTIONS

- The orthosis should be sprayed with rubbing alcohol and wiped down with a dry cloth.
- If there is lint accumulating in the straps, it should be cleaned out. Lint build up will decrease the effectiveness of the straps.

PRECAUTIONS

- Make sure you are safe when you begin wearing the device. If necessary, use a walker or cane and have someone with you to make sure you are stable. The orthosis could initially throw off your balance and change your walking pattern, because it is holding your foot and leg in a position it may not be use to.

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- The shoe is an integral part of the orthosis. If the shoe is too large and not snug on your foot, the orthosis will not work well. If you change shoes, keep the same heel height. A higher heel will throw you forward and a lower heel will throw you back.

MAINTENANCE

- If you feel pain or see persistent redness:
 - Make sure the straps on your orthosis are tight and the shoe fits appropriately.
 - Call immediately for any adjustments.
 - **Note: Do not let any red marks turn into a blister!**

DON'T HESITATE TO CONTACT US

If the orthosis is making any noise or doesn't seem to fit properly, make an appointment. Over time straps tend to wear out and componentry on the brace may need to be replaced or adjusted. Furthermore, if you have a change in your condition or if you experience significant weight gain or loss, it is important to have your orthosis reassessed. Lawall takes great pride in our continuing care program. Seeing our patients for regular follow-up visits helps to avoid problems before they become major issues. Don't hesitate to call or make an appointment if you have any questions. 1-800-735-4627

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