

# Night Time Dynamic Stretching Orthosis

## PURPOSE

The purpose of the Dynamic Stretching Orthosis is to maintain or increase a patient's ROM while they sleep. The dynamic stretch being applied is a mild and prolonged stretch and should not be painful.

## DONNING INSTRUCTIONS

1. Make sure your heel or targeted joint is properly positioned into the orthosis.
2. Make sure the straps are as tight as you can tolerate it. The straps will ensure your limb is properly seated in the orthosis.
3. Always wear a clean sock or nylon that extends higher than the top of the orthosis. This provides a barrier between the skin and plastic and protects the 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 skin. The redness can be a sign of a high-pressure area. Below is our recommended schedule for "breaking in" your orthosis.
- A patient should not begin to wear a night-time orthosis at night until they can tolerate the orthosis for 5 hours during the day with no issues.

**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 now start to wear the orthosis during the night

## CLEANING INSTRUCTIONS

- The brace should be sprayed with rubbing alcohol and wiped down with a dry cloth
- If there is lint accumulating in the straps they should be cleaned out.

## MAINTENANCE AND PRECAUTIONS

- Go slow with the break in period. It will take some time to get use to wearing the orthosis.
- Use the padding covers for the joints to protect your other leg from being inadvertently bumped or scrapped by the brace at night.
- If you are using a dynamic orthosis make sure it is unlocked and you are receiving the proper stretch.
- 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!**

CONTINUED ON BACK

## 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