

Certificate of Receipt of your Orthosis

The plastic orthosis has been made according to the plaster cast that was taken. It has been padded with soft padding material. The orthosis has been fitted in the clinic to ensure maximum comfort possible. In order to achieve the most benefit of the orthosis you are asked to conform to the following directives.

Begin wearing the orthosis gradually in order to get the desired result without pain. The recommended time for first time donning is 15 minutes. After each doffing of the orthosis, you must check the bony prominences (ankles, back of the heel) for any sign of redness or irritation. Any mark that does not fade after 20 minutes must be reported to the technician or treating physiotherapist.

The brace should be worn with socks that are 100% cotton preferably with no seams or designs. The socks should be as smooth as possible.

The recommended shoe for an orthosis is a low sport shoe (not high tops). The shoe should be as wide as possible with laces that reach the toe of the shoe. This will allow opening the shoe as wide as possible thus easing the donning of the orthosis. You should remove the inner sole of the shoe. The shoe should not be more than 2 sizes above the "normal" shoe size (even if it is difficult to put the shoe on with the orthosis). If an orthosis is only needed on one leg, the inner sole that has been removed from that shoe should be place in the other shoe as an addition.

When renewing the orthosis the same instructions for gradually accommodation to the orthosis should be followed with increasing increments of 2 hours. You should be diligent in checking the skin integrity for pressure that could be caused by the new orthosis. Any changes in the walking pattern or decrease in functioning level should be reported to the treating staff.

The brace should be worn according to the instructions of the technician. If a third party is responsible for donning the brace, s/he should receive the correct instruction.

NB: a brace that is incorrectly put on will not perform its intended function and will likely cause pressure sores, thereby interfering with the rehabilitation process.

The guarantee of the orthosis includes the molding and fitting, padding, straps and wear and tear of the Velcro until the brace no longer fits the client.

The expected life of the orthosis is 10-12 months. An orthosis with a hinge has a shorter lifespan that one with no joint. Therefore it is recommended to come for a follow up visit to the technician after 5 months from the date of receipt of the brace.

Herewith a table for the gradually donning of the orthosis:

Day	Time of donning
First day	15 minutes
Second day	30 minutes
Third day	45 minutes
Fourth day	60 minutes
Fifth day	75 minutes
Sixth day	90 minutes

The recommended length of wearing the brace is between 6 and 10 hours, according to the instructions of the physiotherapist and/or doctor