

Brace Donning | How to put the brace on



1 Prepare and scoop. If possible, seat the patient with hip and knee flexed. Place a suitable sock (a moderately thick cotton-synthetic blend is best) on the patient's foot and smooth out sock wrinkles or bagginess.

Open the top/front of the brace wide and scoop the foot into the brace.

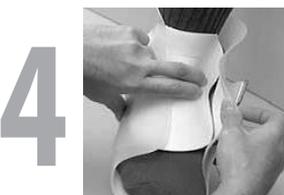


2 Work the heel in to the back of the brace. Pull the brace up and down slightly while pushing the top of the foot back.

NOTE—It may help to rest the patient's foot on your knee.



3 Start the instep pad. Lift one side of the top/front opening and insert one side of the instep pad under the brace shell.



4 Close in the instep pad. Lift the other side of the brace's top/front opening and insert the other side of the instep pad under the brace shell.



5 Settle the pad and foot. Massage the instep pad and the top of the brace to settle the pad down onto the foot and reset the foot back into the brace.



6 Secure the ankle strap. Flex the ankle into slight DF by pushing up under the patient's forefoot. Then tighten the ankle (instep) strap until snug. Secure the strap.



7 Secure the forefoot strap. Compress the brace around the forefoot, then bring over the forefoot strap. Secure the strap.

If the patient's foot moved while you were securing the straps, the brace may be too loose for optimal foot control. If so, release the straps and repeat steps 5–7.