



NOBBE ORTHOPEDICS, INC.

Rebuilding Bodies, Restoring Lives...

www.nobbeorthopedics.com

Ankle Foot Orthosis or Knee Ankle Foot Orthosis

Your new orthotic device was designed to support and protect against specific instability. No brace can provide absolute protection. Proper fit, maintenance and use are critical to provide desired function. The following suggestions will help maximize comfort and brace performance.

Frequent follow-ups and maintenance are required to maintain desired function.

1. Always wear a clean, dry sock liner under brace.
2. Wear a well fitting enclosed oxford or athletic shoe.
3. Changing to different shoes may affect brace function and fit.
4. Keep brace clean by wiping with a damp cloth or sponge.
5. Inspect foot, ankle and all bony areas on leg frequently for pressure areas.
6. Any frayed or torn straps, loose hinges or hardware should be repaired immediately.
7. All mechanical hinges, pivots and locking mechanisms require frequent maintenance to function correctly.

Suggested initial wearing schedule:

Week One: Alternate two (2) hours and two (2) hours off during waking hours only. Inspect frequently for redness, irritation or pressure areas. Call Orthotist if problems arise.

Week Two: If brace was well tolerated during week one alternate four (4) hours on and two (2) hours off.

Week Three: Return to Orthotist for follow-up brace check, adjustment and additional instructions.