

CROW Walker Care and Use Guide

You have just received your new orthosis which has been designed and custom made just for you. This orthosis is prescribed for patients who have foot ulcers or insensate feet (can't feel). Please refer to the following instructions for the care and use of your brace.

Application:

Always wear a clean sock under your brace to reduce friction and protect your skin from perspiration. It is recommended that the sock be the same length as the brace and that you make sure the sock is wrinkle free.

Place your foot inside the brace with your heel pressed completely to the back.

Apply the front section of the brace, making sure its sides overlap the back section.

Run all straps through the buckles and fasten snugly.

Wearing Schedule:

The brace should be worn during waking hours and can be removed during bathing or sleeping.

If your physician has given you a specific wear schedule it will be as follows:

- _____

Skin Maintenance:

It will be necessary for you to **check your skin** frequently while wearing your CROW Walker. A new brace may cause some redness which should disappear within 15 minutes after removing the brace. If redness does not disappear, contact your orthotist to have this inspected.

- Slight redness is common over the instep and under the ball of the foot.

Diabetics and those with lessened sensation are especially vulnerable to skin irritation, particularly in bony areas such as the shin or on the bottoms of the feet. Extra care should be taken, and even minor skin irritations should be treated promptly.

Orthosis Care:

If need be, the foam liners of the brace may be taken out and washed by hand with cold water and a mild soap, allow to air dry.

If at any time your orthosis becomes cracked or broken, see your orthotist for repairs or replacement. Contact your orthotist with any questions or concerns.