

N.B.B. ORTHOTICS, INC.

3115 Long Beach Road • 3rd Floor
Oceanside, New York 11572
(516) 594-9066
Fax (516) 594-9067

NEIL B. BERGMAN, C.O.
CERTIFIED ORTHOTIST

American Board Certified
Member of A.A.O.P.

Example of Wearing Instructions:

KAFO/AFO :

- Donning:
- Always wear a sock/liner orthosis
 - Don the orthosis prior to the shoes
 - Be certain that the heel is fully within the orthosis
 - All straps should be snug and secured (loose strap=slippage=redness)
- Doffing:
- Remove shoe first
 - Undo all straps and reflect back on themselves (This prolongs the life of the straps.)
 - Remove the orthosis *
 - Remove sock/liner and check skin integrity (see below)
 - If redness dissipates before 20 minutes: this is normal
 - If redness continues after 20 minutes, then:
 1. Check that the orthosis was donned properly
 2. Check that the sock/liner had no wrinkles
 - If 1. and 2. are fine, then call the orthotist.

When the orthosis is removed secure all straps and store the orthosis properly. Avoid direct sunlight or heat from a radiator, as these can cause the brace to distort.

Skin Tolerance Test (to check skin integrity)

Press on skin for 5 seconds.

“Good” when red area turns white and red color returns (pressure can be tolerated)

“Bad” when red area does not turn white, but remains red., or there is a potential Abrasion or sore. Call the orthotist.

Wearing Schedule: If the patient is stable (no fractures) wean the patient to full wearing time.:

- 1 hour on then 1 hour off..... Check skin integrity; if skin looks fine then go to
- 2 hours on then 1 hour off Check skin integrity; if skin looks fine then go to
- 4 hours on then 1 hour off..... Check skin integrity; if skin looks fine then go to
- 8 hours on

If skin integrity is reddened follow doffing schedule regarding redness.

Cleaning Schedule:

- The orthosis should be cleaned on a daily basis!
- Use either antibacterial soap and damp rag, or isopropyl alcohol
- Wipe clean and air dry
- The sock/liners should be cleaned as well: wear one, wash one
Hand wash with mild detergent; air dry