

CHARCOT RESTRAINT ORTHOTIC WALKER (CROW)
USE & CARE INSTRUCTIONS

While being fitted with your new CROW boot, your Orthotist instructed you on how to break-in and care for your new device.

SOCKS

1. Always wear clean, well-fitting socks, that are long enough to extend beyond the top of the CROW boot. Cotton-Lycra blends are ideal (e.g. AFO Socks), but standard Diabetic Socks, and Compression socks are good too if your doctor has recommended that you wear them to meet other needs.
2. Smooth out all sock wrinkles before putting on the CROW boot as wrinkles in the fabric can cause skin irritation when pressed against the inside of the CROW.
3. Make sure that your socks have not been pulled up so tightly that your toes are curled, and no longer free to move.

SHOES

1. The CROW boot incorporates a walking sole with a rocker-bottom for smooth motion over the ground when walking, but stability in standing.
2. The sole thickness, along with the other protective layers of padding combine to increase the overall thickness of the device relative to most shoes. Some wearers find the difference in the sole thickness to be challenging. With your doctor's permission, an Even-Up lift for your other shoe can be obtained online. Or, as an alternative, a permanent lift can be added to the shoe to balance the thicknesses.

BREAK-IN PERIOD AND SELF-EXAMINATION

1. On the first day, wear the CROW for short 30-60 minute periods, but wear it multiple times over the course of the day, removing it for frequent skin inspections.
2. Skin inspections (**Use a mirror to see all areas of your feet**)
 - a. Pink/reddened areas may indicate excessive pressure: take note of any areas. If none, you may reapply the device after a short break but continue to limit the duration of time.
 - b. Make note of the time it takes for any pink or reddened areas to disappear. If the redness is gone within 30 minutes you may put the device back on again after another 30-60 minute break.
 - c. If the skin inspections continue to look good (all clear, or only slight redness/pink areas which dissipates within 30 minutes) you may increase the time you wear the CROW Walker each day.
 - d. Remember to inspect for pressure areas every time you take off the CROW.
3. If you notice pressure areas that do not go away in 30 minutes, do not put it back on that day but try again the next day - limiting wear to 30 minute increments.
 - a. If no redness, or minimal redness that dissipates appropriately, proceed with break-in process, increasing wear as tolerated, per step 1 above.

- b. If redness persists, discontinue wear and contact our office for adjustment.
4. Inspect the skin on your feet thoroughly every night.
5. Increase wearing times by one hour each day (ex. Go from 3 hours at a time to 4 hours at a time, two or three times per day) thereafter until you are able to wear it 6-8 hour at a time, taking a short break for skin inspections only.
6. Always remove the device and inspect your skin if anything feels unusual about the fit. If you have diminished sensation, you will need to check your feet several times per day, particularly if you have been walking around outside as small pebbles can enter through the vent holes.

FOLLOW-UP

1. Your Orthotist will discuss the follow-up plan with you at delivery.
2. The Initial Follow-Up is important to confirm that the device is fitting and functioning as ordered.
3. We recommend regular long-term follow-up with your Orthotist to assess the effectiveness and safety of the device. We encourage you to call immediately if you notice a decrease in effectiveness or comfort, or if there is any change in the performance of your device.
 - a. It is recommended that additional follow-up appointments are arranged every six months for kids and every 12 months for adults.
4. Do not attempt to repair or adjust the AFO yourself.

KEEPING YOUR ORTHOSIS CLEAN

1. The AFO may be gently wiped clean (inside and out) with a soft cloth using water and a mild detergent. Do not scrub with anything abrasive. Rinse thoroughly and towel dry.
2. Clean at least once per week.
3. Inspect the brace daily for signs of wear.
4. Velcro Strap Care: Keep the velcro clean by sticking the straps to themselves when not being worn. Lint build up in the velcro hooks should be removed with a fine-toothed comb or a toothpick. If the velcro is not keeping the straps closed securely, they should be replaced by your Orthotist.
5. Avoid all heat sources, as they can damage or deform the device. Do not place near a heater to dry. Do not leave in the car.

Compliance with instructions and follow-up appointments are very important. At your follow-up appointment your Orthotist will make any necessary 'fine-tuning' adjustments to optimize your comfort and function. It is normal for adjustments to be made to optimize the fit and function of your orthosis.

Your success is very important to us. Please contact our office at (410)-321-6844 if you have any question or concerns about your CROW Walker.