

SURE-STEP SUPRAMALLEOLAR ORTHOSIS (SMO) USE AND CARE INSTRUCTIONS

These instructions are intended to help ensure successful use of your SureStep Supramalleolar Orthoses, or SMOs. Please read and follow these instructions carefully. During the fitting of the SMOs, the Orthotist provided instructions on how to wear and use the SMOs effectively. Some points to remember:

PUTTING ON YOUR BRACE

1. Apply clean, dry medium weight socks, of a uniform thickness, making sure that they are pulled up tight (wrinkle-free) without curling the toes.
2. Apply the SMOs, making sure the heel is fully seated in the orthosis, down and back. For your reference, the SMOs are marked to indicate Left and Right. The standard Surestep SMO is worn with the longer edge of the forefoot on the lateral, or outside part of the forefoot. There are exceptions, such as for metatarsus adductus and clubfoot – in these cases, your Orthotist will advise you accordingly.
3. Tighten the ankle strap then the forefoot strap to the lines indicated by your Orthotist at the fitting.
4. Give the socks a gentle tug above the ankles and at the toes to remove any wrinkles that may have developed while applying the SMOs.
5. Apply and secure the shoes.

WEAR: BREAK-IN AND SELF-ASSESSMENT

1. Initial wear time is 1 hour at a time, 3 times a day. Typically, for the first few days, the SMOs should be worn for 1 hour in the morning, 1 hour in the afternoon, and 1 hour in the evening. unless your Orthotist, Therapist or Doctor instructs you otherwise.
2. Wear time can be increased as tolerated by adding 1-2 hours daily, until you are able to wear it all day – if that is the objective. This process should take about 1-2 weeks.
3. Please remove the shoes and SureSteps SMOs at nap time.
4. The sock should be removed and the skin inspected each time the brace is removed.
5. Make note of any localized redness, especially over bony areas. Redness which is spread out over a wide fleshy area is usually not cause for concern, but should fade within 20-30 minutes. Contact our office with any concerns regarding discomfort or skin pressure within the brace (i.e. discoloration which does not fade, callus formation). In the event that a blister develops, discontinue use and contact our office.

FOLLOW-UP

1. The Orthotist will discuss the follow-up plan with you at delivery.
2. Initial follow is important to confirm that the device is fitting and functioning as ordered.
3. We recommend regular follow-up with your practitioner to assess the effectiveness and safety of your orthosis. We encourage you to call immediately if you notice a decrease in effectiveness or comfort, or if there is a 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.

SHOES

1. The AFO should be worn with a shoe at all times. The plastic is too slippery to be worn without a shoe.
2. Wear only shoes with an adjustable closure: Laces (preferred) or Velcro closures. Avoid loafers or other slip-on style shoes.
3. Tennis shoes and wide shoes with a high toe box (extra-depth), and removable insoles are optimal.
4. It may be necessary to get a larger shoe, typically ½ to a 1 size longer and one width larger than your current shoes to accommodate the increased thickness of the orthosis.
5. If your shoes need to have modifications to the sole (lifts or wedges), look for soles made of a solid material (no air or gel soles). Notify the sales clerk/manager of your needs as they may have suggestions. Make sure to get their permission in advance to return the shoes if, after our inspection, we find that we are not able to modify the sole materials. Get a name and save your receipt.

CARE AND CLEANING

1. The SMOs 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. Cleaning should be done a few times a week.
3. Inspect the orthosis 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 is 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 SureStep SMOs.