

Advanced Orthodynamics Inc.

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Application Guidelines for your New Custom Orthosis

Your custom designed orthosis (foot orthotic or brace) is constructed to realign your skeletal system to prevent or correct deformity and maintain optimal function. Because of this modelling or remodelling process, wearing your orthosis may be uncomfortable at first.

Rather than just fit you with an orthosis, your Certified Orthotist works to establish an ongoing relationship with you so that your overall function can be gradually and permanently improved. We do this by scheduling a follow-up appointment after your fitting and **encouraging you to call us whenever you feel that an adjustment is necessary**. There is no charge for this service during the six-month warranty period. As OHIP does not cover the cost of any visits, appointments scheduled after warranty period are charged at the rate of \$50 per half hour.

We book a six-month appointment for you after your last check-up so that we can monitor your progress and make any final adjustments. There is no extra charge for this appointment. Your orthosis is expected to last between two to five years, depending on wear.

Wearing In Schedule

It is important that you follow this wearing in schedule to obtain the maximum benefit from your custom fitted orthotic system.

1. For the first few days, wear your orthosis in a NON weight-bearing situation for 15-30 minutes several times each day (i.e. reading, watching television or sitting down eating a meal).
2. Continue step 1, with the addition of 15-30 minutes of standing and walking in the house.
3. Increase your wearing time daily, gradually working into wearing your orthosis 2-4 hours per day.
4. ***Only increase the wearing time if you are able to tolerate the orthosis fairly comfortably.***
5. You may experience some discomfort in other parts of the body, such as your knees, hips, back, and neck. This is not unusual and is a result of the corrected alignment associated with wearing the orthosis.
6. If you detect a squeaking noise (ie. the orthosis rubbing in your shoe), a very light dusting of talcum powder should provide the remedy.
7. Your orthosis may need to be adjusted. For this reason, it is important that you attend your follow-up appointment as scheduled to maintain the optimum fit and function of your orthosis. If you have any questions please do not hesitate to call your Certified Orthotist.
8. *To facilitate wearing your orthosis, you must follow these instructions as much as possible.*
9. Your orthosis is a highly specialised device designed to suit your specific needs. As with any such device, it requires maintenance. We suggest that you see your Certified Orthotist annually for a check-up and maintenance of your orthosis. The charge is normally \$50.00 unless there are major repairs to be done.

Your satisfaction is our primary objective. If you have any questions with regards to your orthotic management please feel free to contact us at the numbers above.

Our web site also provides information on our services and products.