

## WARRANTY

Queen Alexandra Orthotics, Prosthetics and Seating is committed to giving you the best care possible. Due to individual differences we DO NOT guarantee the results achieved with orthoses. We DO guarantee to work with you until all avenues of orthotic therapy are explored, ensuring the best possible results.

Orthoses are custom made, medically prescribed devices. For this reason they are NON-REFUNDABLE.

Adjustments to the orthoses for a 90 day period after receiving the devices will be performed at no charge.

After 90 days a nominal fee will be charged for adjustments.

**Queen Alexandra**  
Orthotics • Prosthetics • Seating



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**Orthotics, Prosthetics & Seating**  
**Fisher Building**

2400 Arbutus Road  
Victoria, BC V8N 1V7  
Phone: (250) 519-6732  
Fax: (250)519-6915

## ORTHOSES GUIDELINES

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## ORTHOSES GUIDELINES

You have been fit with an orthosis, which is another word for brace or splint. Orthoses come in a variety of designs and provide a range of functions. The following instructions are a general guideline on the wear and care of your orthosis.

### PUTTING ON YOUR ORTHOSIS:

- Before you put on your sock, take note of any red marks or calluses on your skin so that you have an idea of your skin's condition before putting on the brace.
- Apply a clean dry sock and pull it up as far as possible, making sure there are no wrinkles.
- Put your brace on, making sure the heel is down and in the back of the brace.
- Do up the ankle strap first, it should be comfortably snug.
- Fasten other straps.
- If possible, remove the insole in your shoe to create extra space.
- Put your shoe on, ensuring that the heel of the brace is all the way down before lacing your shoe comfortably snug.

## BREAK IN PROCEDURE

It is important to begin wearing your orthosis gradually as your body needs time to adjust to the new forces applied to your skin.

It is very important to remove your sock and check your skin each time you take your orthosis off. It is normal for your skin to be slightly discolored but the redness should fade within approximately 20 min. If it does not fade, you should stop wearing your brace and call your Orthotist to schedule an adjustment.

### EXAMPLE WEAR SCHEDULE:

#### Day 1:

Wear your orthosis for approximately 30 min. Take it off for 45 min and inspect your skin. Once any redness fades, wear the brace again for an hour, and then take it off for an hour. Continue the on for an hour, off for an hour schedule for up to 4 times.

#### Day 2:

If no skin problems have developed, increase the wear time to 2 hours and continue the on/off intervals up to 4 times.

#### Day 3 and on:

Each day, double the amount of time wearing the brace until a full-day wearing schedule (approx. 6-8 hrs) is achieved in one to two weeks.

## CARE OF ORTHOSES

Your orthosis may be washed with lukewarm water and mild soap, or wiped with any hand sanitizer product. Do not submerge your orthosis in water or use hot water.

With any changes to your body such as weight gain/loss, growth, or an increase/decrease in function and/or activity level, you may need to schedule a follow-up appointment to make adjustments to your orthosis.

**If you have any questions or concerns about your orthosis, please feel free to contact the QA Orthotics department at (250) 519-6732.**

