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Wear and Care Instructions for the SpryStep AFO

Putting on the Brace

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- Note: you'll always have to wear this brace with a shoe. The shoes you choose should have a removable insole, good heel coverage, and enclosed toes. Sneakers are a perfect option. You may want to try a shoe that is half to a full size larger than you typically wear.
 - Shoe brands we recommend: *Orthofeet, Propet, Dr. Comfort, Billy Footwear, Apis, Friendly*
- Wear a tall sock to prevent the brace from making direct contact with your skin.
- Remove the insole from your shoe then slide the brace inside. Put the insert back in, on top of the brace. You should always have a cushioned layer between the brace and bottom of your foot. (Note that a sock is not enough to be the cushioned layer.) The insole from your shoe can be used for this purpose.
- Put on your shoe as you normally would and tighten the strap of the brace around your calf.

HELPFUL TIP #1 - Avoid bending at the ankle when wearing this brace. Bending at the ankle puts excess pressure through the brace and can damage it. If you need to bend down, go down to one knee or push your hips back into a squat keeping your knees over your toes. Also, when walking up or down stairs, place your whole foot on the step. Don't use your toes only. Using your whole foot will help prevent the brace from cracking.

HELPFUL TIP #2 - Check your skin every day. If your skin stays red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Stop wearing the brace, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

If the brace gets dirty it can be spot cleaned with soap and warm water. The padded section of the brace can be removed for washing. We suggest that you hand wash this pad and let it air dry fully before putting the brace on again.

Break-In Schedule

We suggest a slow break-in period. This way if there is a problem we can address it right away. This brace will change the way you walk and sometimes your body needs time to adjust. On the first day you should only wear the brace for 1 hour. Then add 1 hour every day until you're wearing it full time. A typical break-in schedule may look like this:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 hour	2 hours	3 hours	4 hours	5 hours	6 hours	Full time wear