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Wear and Care Instructions for the Sstep Drop Foot Sock

Putting on the Sock

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1. Open the velcro tabs at the top of the sock allowing the opening to get as wide as possible.
2. Make sure the number 1 marks (near the toes) are facing up. With your palm facing up, put your hand into the sock until you reach the toe area.
3. Grab the toe section from inside the sock and pull inside out until you reveal the heel seam.
4. Remove your hand from the sock and pull the foot section over your toes and midfoot. Make sure there are no wrinkles and no material is balled up inside the sock near the toes.
5. Pull the entire sock up your leg until the dial is resting on the front of your shin just below your knee.
6. Tighten the two top straps snug.
7. Now that the sock is on, keep your foot on the ground and shift your knee forward until over your toes.
 - a. **To tighten the sock tension** - Turn the dial clockwise to tighten the cables to the desired tension.
 - b. **To loosen the sock tension** - Turn the dial counterclockwise to loosen. You don't need to turn it far. After turning the dial, move your ankle in a swirl and the cables will loosen.

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

Cleaning Instructions

When the sock gets dirty it can be spot cleaned with soap and warm water. You can also put it in a washing machine. We suggest you put it in a garment bag and do not use fabric softener or bleach. Allow the sock to fully air dry before putting it on again.

Break-In Schedule

In general, we suggest a slow break-in period. This way if there is a problem, it can be addressed right away. This sock will change the way you walk and sometimes your body needs time to adjust. On the first day you should only wear the sock for 2 hours. Then add 2 hours every day until you're wearing it full time. This is a typical break-in schedule.

Day 1	Day 2	Day 3	Day 4	Day 5
2 hour	4 hours	6 hours	8 hours	Full time wear