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**INSTRUCTIONS FOR
Solid Cage AFO (Ankle Foot Orthosis)
or CROW Boot**

You have been fit with a solid cage AFO (Ankle Foot Orthosis) or CROW Boot, as prescribed by your doctor. It is extremely important that you follow the specific instructions given to you by the medical professional that is working with you, as well as following the guidelines below. The purpose of this device is to immobilize your foot and ankle, prevent further progression of your condition, and offload any wounds that are present. Following are some commonly asked questions regarding this device:

DO I HAVE TO WEAR A SOCK WITH MY DEVICE?

Yes, some type of interface must be worn between your skin and the orthosis. A non-elastic cotton type sock is preferred. Nylon may suffice, but provides less padding and absorption of perspiration. Keeping the skin clean and dry is important for comfort and hygiene.

WHAT TYPE OF SHOE WILL I NEED?

You will not need a shoe on affected leg as the device has been designed to contact directly with the ground and provide good traction. For the opposite foot, it is a good idea to wear a shoe that matches the heel height of the boot to prevent a leg length discrepancy. If there is a height difference between the device and your shoe you can purchase one of many commercially available shoe lifts to compensate. Ask your orthotist for more information.

HOW DO I KNOW IF IT FITS CORRECTLY?

A properly fitting orthotic device should not cause sharp or stabbing pain, nor should it create bruises, calluses or blisters. When you first receive your device you should check and monitor your skin at set intervals to make sure your device is fitting properly. Pay close attention to the areas along the edges of the plastic, along your arch, and over your ankles. Redness that does not fade within 10-15 minutes after removing the device can be a sign of excessive pressure, especially if over boney anatomy. If redness, pain or swelling develops, please discontinue use immediately and contact Cornerstone. Failure to do so could lead to open sores, infection, or other complications.

CLEANING AND MAINTENANCE:

Your device can be cleaned with mild soap and warm water using a cloth. Rubbing alcohol should be used for weekly disinfection. The device should be towel dried and allowed to thoroughly air dry. Keep the brace away from excessive heat to prevent damage to the plastic and padding. Try to keep the Velcro straps free of hair and lint. If the straps wear out and need to be replaced, please contact your orthotist. Do not attempt to modify your own device. Doing this will void the warranty. Inspect your device daily for any signs of damage or wear, such as cracking or loose parts.

COMPLIANCE TO WEARING SCHEDULE:

This device should be worn as directed by your physician. If you do not wear the device, it cannot help you and your condition may worsen or fail to heal. Ask your physician before attempting to sleep in this device.

WHEN SHOULD I CALL CORNERSTONE?

1. If you see areas that are causing skin irritation, rubbing, blisters or bruising.
2. If you undergo significant weight or volume change that causes your device to fit too tight or too loose.
3. If you experience pain, numbness, or tingling from the device.
4. If you feel your healing progress has stalled or is not progressing sufficiently.
5. If you have any questions, call the correct office listed above.

PLEASE CONTACT YOUR PHYSICIAN SHOULD YOU HAVE A CHANGE IN YOUR GENERAL HEALTH.

*** You should always check your skin at least once a day for signs of skin breakdown. If you have any problems with the use of your device; discontinue using it immediately and contact Cornerstone. We recommend that you do not drive with this device unless approved by your physician or the DOL/DMV.**