

# STABILIZER

The Stabilizer is more than a preventative option for adults experiencing stability and balance issues. It is a solution that restores confidence, proprioception, and function. With the risk of falling greatly reduced, you're free to re-engage with day-to-day activities.



#### STEP 1

To put the Stabilizer on properly, start by wearing socks that are taller than the brace.



#### STEP 2

Pull the Stabilizer open and slide it onto the foot behind.



#### STEP 3

Supinate the foot with the big toe pointing up and push the foot back so that the heel fits into the cut out.



#### STEP 4

Beginning at the bottom, attach the Velcro straps and tighten to comfort.



#### STEP 5

Tuck in the tibial pad and attach the other two straps.



#### STEP 6

Slide the shoe on by putting the toes in first and rocking the heel back and forth.



## INITIAL FITTING TIPS

- » After trimming away any excess Velcro, check for bony prominences or tightness.
- » Potential problem areas are the navicular, the first met-head, the base of the fifth, and the fifth met-head.
- » The trimline should be proximal to the met-heads.
- » Adjustments may be needed if there's any redness or discomfort.

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# ADULT BRACING // BREAK-IN & WEAR SCHEDULE

We understand each patient and custom brace application is unique and requires an individual treatment plan. Below we offer our recommendations for successful patient outcomes using our device. These are general guidelines and may be adjusted at the discretion of the attending physician to best suit an individual's needs.

## BREAK-IN SCHEDULE

Break-in your new orthosis gradually. It's important to adapt to the new changes in alignment and support, while reducing the risk of discomfort or skin break-down. Inspect your skin upon removing the orthosis after each wear.

- Day 1:** Wear orthosis for one hour
- Day 2:** Wear orthosis for two hours
- Day 3:** Wear orthosis for three hours
- Day 4:** Wear orthosis for four hours
- Day 5:** Wear orthosis for five hours

*Areas of redness are common, especially around bony prominences, and should fade in 20-30 minutes; if it does not, discontinue wear and contact your provider.*

If upon completion of this break-in schedule you are not experiencing any issues or discomfort, begin wearing your orthosis as advised.

## RECOMMENDED DOSAGE

We typically recommend patients wear their custom brace during all waking hours; however, needs may vary. To optimize treatment, your physician may recommend more specific dosage instructions.

**Hours/Day:** 8-10 Hours (all waking hours)

**Days/Week:** 6-7 days

**Activities:** During all weight-bearing events (standing, walking)



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