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## Wear Schedule



We understand that each child is an individual and requires unique care. While we typically recommend children wear their SMOs during all waking hours, we understand that their needs may vary greatly. In order to optimize your child's treatment, your orthotist and/or physical therapist may choose to fill out the following fields for individualized dosage instructions.

## Tips & Tricks

### REDNESS

Some redness is okay! It is normal for slight redness to appear in areas where the brace surrounds the foot. If blistering or severe redness occurs, please notify your orthotist.

### GROWTH

On average, children outgrow their braces in one year. However, every child develops at their own rate. If you begin to notice issues with the fit of your child's braces, please schedule an appointment with your orthotist to be evaluated.

### CARE

Use mild soap and water to clean the plastic and velcro straps. Do not submerge the device in water. We recommend using isopropyl alcohol to clean the foam liners. Allow the device to air dry.

Surestep products are latex free.

### HOURS/DAY

- Recommended: 8-10 hours *(all waking hours)*
- Other \_\_\_\_\_

### DAYS/WEEK

- Recommended: 6-7 days
- Other \_\_\_\_\_

### ACTIVITIES

- During all weight bearing activities *(standing, walking)*
- During all floor activities *(crawling)*
- Other \_\_\_\_\_

### ADDITIONAL NOTES

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- Your child's needs may change over time and the recommended wear schedule may need to be adjusted. Be sure to follow up with your therapist and/or orthotist.*



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If any serious injury occurs in relation to this device, please report the incident to Surestep as well as to the competent authority of your Member State.

## Parent Information & Fitting Guide

## Donning



- 1 **Open the Surestep SMO from behind and underneath the foot, then pull the brace forward onto the foot.**



- 2 **While cupping the heel of the SMO in one hand, supinate the foot inside of the brace.**

*To do this, you will need to twist or rotate the foot outward by lifting under the ball of the foot. The ankle will also need to dorsiflex (lift up on the front of the foot). This will allow you to look down into the device under the foot and see that the heel is properly touching the bottom surface.*



- 3 **Next, push the foot back into the brace until you feel that it has made contact at the back of the heel. Insert the dorsal pad over the dorsum of the foot. Pull the edges of the SMO over the pad to secure its position beneath the device.**



- 4 **Maintain this position by squeezing the device while you begin to fasten and tighten the straps.**

*Your orthotist may have marked the straps for proper tensioning.*



- **Please remain seated**  
While donning the device, your child should be in a seated position facing you, either on a chair or safely on the edge of a table. This will keep their knees and hips flexed and their feet and ankles relaxed.
- **Tightness is very important**  
Snug is not enough, Surestep SMOs must be TIGHT. This tension creates the compression necessary to achieve stability in standing. If the device is tightened properly, there should not be any blistering or areas of severe redness.

- **Stickers know best**  
The SMOs have been correctly marked with "Left" and "Right" stickers. The lateral side (outside) of the Surestep SMO is longer than the medial side (inside). It helps to remember that the buckles should face outward.



## Are your SMOs too small?

Check the trim lines!

- Perfect
- Still good
- Too short

## Trim Lines

- 1 **On the medial side (inside) of the foot, braces should be trimmed behind the big toe, and the ball of the foot.**

*It is important that this edge is back far enough so that it does not impinge on the bony portion of the ball of the foot.*



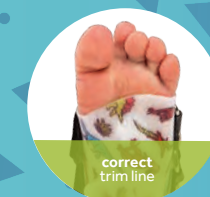
- 2 **On the lateral side (outside) of the foot, braces should be trimmed just behind the 5th toe.**

*Extend or push up on the 5th toe to make sure the fit is correct. This will simulate the movement the toe experiences while walking. The plastic edge of the brace should not restrict this movement.*



- 3 **If the device fits properly, there will be a gap between the edges of the plastic on the top of the foot.**

*Depending on the child, this gap may be as narrow as 3/8" on small feet (about the width of a pinky finger) or as wide as 1" on larger children (about as wide as a thumb). These plastic wings should never touch or overlap.*



correct trim line



incorrect trim line

Surestep SMOs should be trimmed behind the ball of the foot and to the base of the 5th (pinky) toe.