

**REDNESS**

Some redness is okay! When the device is properly worn, 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.

**TIGHTNESS**

Your device must be TIGHT to provide the compression and support your child needs to achieve stability. Remember, snug is not enough.

**GROWTH**

In order for the Surestep system to be effective, it must fit your child properly. On average, children outgrow their braces in one year. However, every child develops differently and this time frame may vary. 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. We recommend using isopropyl alcohol to clean the foam liners. Allow the device to air dry.

**FOOTWEAR**

Surestep has developed a line of footwear that was specifically designed for children who wear orthoses. Additional width, depth and flexibility accommodate orthotic devices and make for a comfortable fit. Our shoes are available to purchase directly through your orthotist or online at [surestep.net](http://surestep.net).

*Surestep products are latex free.*

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

➤ **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.*



grow with us

## Surestep Trim Lines

## Full Footplate

1

Open the Surestep AFO from behind and underneath the foot, then pull the brace forward onto the foot and leg.



2

While cupping the heel of the AFO 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 AFO 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 beginning over the foot. Secure the proximal calf strap last.

Your orthotist may have marked the straps for proper tensioning.



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 as to not impinge on the bony portion of the ball of the foot.



On the lateral side (outside) of the foot, braces should be trimmed just behind the 5<sup>th</sup> toe.

Extend or push up on the 5<sup>th</sup> 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.



AFOs with Surestep trim lines should be trimmed behind the ball of the foot and to the base of the 5<sup>th</sup> (pinkie) toe.



correct



incorrect



On the medial side (inside) of the foot, the dorsum wing should be trimmed behind the big toe. The medial footplate should be trimmed to the end of the big toe on the plantar surface.

On the lateral side (outside) of the foot, the dorsum wing should be trimmed just behind the 5<sup>th</sup> toe. The lateral footplate should be trimmed to the end of the 5<sup>th</sup> toe on the plantar surface.

AFOs with a full footplate should be trimmed to the end of the distal toes but can extend 1/8" - 1/4" beyond the toes.

## does it fit?

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.

