



surestep **ADULT BRACING**

BREAK-IN & WEAR SCHEDULE



// Gauntlet Series



// Stabilizer



// Stirrup AFO



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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