

CROW

Breaking In Period

Once your physician allows you to start partial weight bearing with your CROW, it is important for you to begin this process gradually. In this manner your body can adjust to the stresses of full weight bearing.

- To become comfortable and secure with your CROW during this break-in time, be sure to wear the CROW while performing non-weight bearing activities (i.e. while watching TV, sitting down to eat, etc.)
- After wearing your CROW for the recommended time, remove the orthosis and sock. Check for changes in skin color, temperature, and swelling around the ankle, foot, and toes. Examine both the top and bottom of your foot paying particular attention to bony prominences. If you are unable to fully inspect your foot, have someone help you, or place a mirror on the floor to assist you in your foot inspection.
- If you notice an irritated area, either by touch or sight, call us for an adjustment immediately. DO NOT use the CROW until the adjustment is made. During the warm months of the year it is important that you allow your skin to

Chronic Relief Orthotic Walker

breathe and cool down to prevent heat rash and irritation due to sweating.

- You may remove the CROW for short periods of time throughout the day to “air your leg”.
- If you notice excessive swelling or a warm pain in your extremity, notify your physician immediately. This could mean that your leg is not ready for weight-bearing and other precautions need to be taken.

Wearing Schedule

If no skin problems are evident, continue following the wearing schedule as outlined below.

- Initially, walk in your orthosis for short durations 3 or 4 times a day for 2 or 3 days. Limit your walking to normal activities in the confines of your home, walking from room to room. After each walking session inspect your foot thoroughly as listed previously.
- Once you are allowed full weight bearing, be alert to any problems that impair your walking speed, stride length, or smoothness of walking. If walking with the orthosis leaves you more exhausted than usual call us. (This may mean the rocker sole needs to be adjusted.)
- Gradually get accustomed to the CROW by doubling the wearing time over a 1 to 2 week period. Only increase your wearing time if you are comfortable and free of pressure areas.

- There may be adjustments that need to be made during the break-in period. For this reason, it is important that you keep your routine follow-up appointments with your doctor as well as your orthotist. This will help you maintain the optimum fit and function of your orthosis and help prevent further complications, for example: skin ulcers or soreness in your knee, hip or back.
- You will be given a number of socks that must be worn with the CROW. The socks are needed to insure a total contact fit and protect your skin. If your CROW seems loose while walking or sitting, first try pushing down on the front shell while tightening the figure-eight strap. If the CROW is still loose, put on another sock to ensure total contact is being achieved. If these steps do not produce a snug fit, call your orthotist for an adjustment. A loose fitting CROW can rub and irritate your skin.

Be sure to see your doctor on your scheduled appointment. If you feel your CROW needs an adjustment – please call and schedule an appointment with your orthotist BEFORE you see your doctor. Limit your activities until the adjustments are made.