

UCB

While being fitted with your new UCB Orthosis, your pedorthotist or orthotist will instruct you on how to care for and use your UCB effectively.

Proper Fit

1. A correctly fitted orthosis may seem uncomfortable at first. Corrective forces are being applied to your foot and ankle and the orthosis is quite rigid.
2. During the first week it is recommended that you wear the UCB for short durations throughout the day.
3. During this break-in period, if you feel intense pressure points or experience persistent redness (especially along the edges or over bony areas) contact your orthotist immediately.
4. As you build up tolerance, increase the wearing time as advised by your physician or orthotist.
5. Changes in bone structure and/or body size may cause your UCB to fit unsatisfactorily.
6. Visit your physician or orthotist on a regular basis to determine if any alterations in UCB are necessary.

Derotational Orthosis

Stockings

1. Clean cotton stockings should be worn, wrinkle-free under the UCB. This will make the device more comfortable and help dissipate perspiration.

Self-Examination

1. Every day examine the area of your skin affected by the orthosis.
2. Check the skin for areas of redness or irritation. Redness is not uncommon and should disappear in 10-20 minutes. If the redness does not disappear or any other problems are noticed, contact De La Torre O&P.

Important: If you are a diabetic, redness should disappear in approximately 10 minutes. If redness persists see your orthotist immediately.

Cleaning

1. Clean your UCB by using a mild soap and wiping it with a damp cloth.
2. Completely dry with a towel or allow the orthosis to dry at room temperature.
3. If your UCB has a soft liner it may be cleaned by using the foam from Murphy's Oil Soap. Take some Murphy's Oil Soap and whip it into a foam. Use a slightly damp cloth to wipe the foam over the padding. Use another damp cloth to wipe it off.

Shoes

1. Always wear a shoe with the UCB. The plastic is too slippery to be worn without a shoe.
2. Your orthosis should work well with most types of lace up shoes, however, the shoe will be tighter when the orthosis is added.
3. You may need to wear a larger shoe size and/or alter the style of shoe you wear. Avoid high heels, slippers, sandals or loafers.
4. Remember all shoes, athletic or otherwise, will wear out faster on the inside rather than the outside when wearing a UCB.

Follow-Up

- If necessary, the orthotist will schedule a follow-up visit to make sure your UCB is working well and you are wearing it correctly.
- **DO NOT ATTEMPT TO ADJUST OR REPAIR THE UCB YOURSELF.**

If at any time you have problems or questions regarding the orthosis, please call us at our nearest office so that we may schedule you for an adjustment. See back of this brochure for office locations and phone numbers.