

Orthosis

Break-in & Wear Schedule

Each patient and custom brace fitting is unique and requires an individual treatment plan. Below are some general guidelines that may be adjusted by your physician, or physical therapist to best suit your specific needs.

Break-in Schedule:

It is important to increase your new orthosis wearing time gradually to allow your body to adapt to the new changes in support and alignment, as well as to reduce the risk of discomfort or skin breakdown.

Day 1 and 2: wear the brace twice per day for 1 hour.

Day 3 and 4: wear the brace twice per day for 2 hours.

Day 5 and 6: wear the brace twice per day for 3 hours.

Progress to full time wear as tolerated and recommended by your doctor or therapist.

***Always inspect your skin upon removing the orthosis. Any areas of redness should fade in 20-30 minutes. If it does not, discontinue wear and contact your orthotist.**