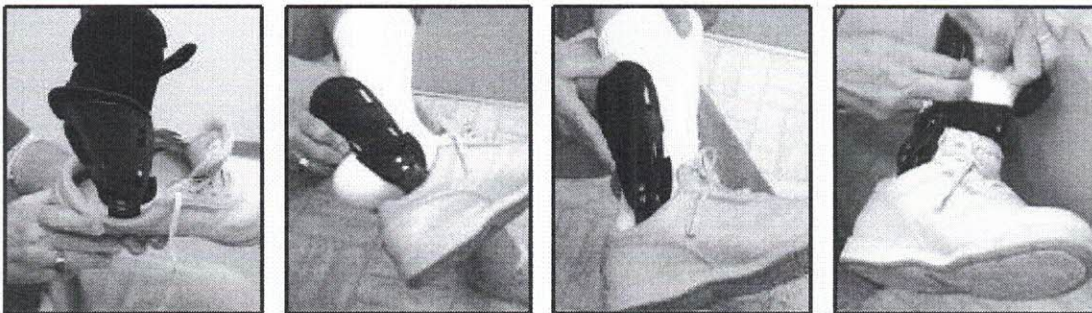




## **RICHIE BRACE® : INSTRUCTIONS FOR FITTING**

The Richie Brace® is a custom ankle foot orthosis that has been carefully fabricated for your foot and leg, according to your doctor's prescription and specifications. The brace is anticipated to provide support while being comfortable to wear on a daily basis. The following instructions should be followed to assure positive results with the Richie Brace®.

1. Your brace must be worn with proper footwear—consult you doctor for specific recommendations. Generally, lace up oxford style shoes with stable soles is recommended. Athletic shoes are excellent to use with the Richie Brace® as they have removable insoles to make room for the brace.
2. Always place the brace inside the shoe before putting the brace on your foot (see photo of brace fitting).
3. After slipping your foot into the brace (inside the shoe) grab the plastic leg uprights and pull the brace as far back into the heel of the shoe as possible.
4. Secure the limb uprights to the leg using the Velcro straps. After initially adjusting the front two straps, you will not have to loosen them again---only loosen and secure the large back strap each time you put on and take off the brace.
5. When you initially try on the brace, it should be comfortable with no sharp pressure points. If you feel the brace rubbing your skin at any time, discontinue use and see your doctor.
6. Because the Riche Brace changes your alignment, a gradual "Break In Period" is recommended as your body adjusts to wearing the brace. On the first day, wear the brace for only one hour. The second day, two to four hours. Depending on how you feel, you may be able to wear the brace all day by the third day. Other people take up to ten days to acclimate to the brace. Temporary aching of the legs, knees, hips and low back are common during this "Break In Period."
7. Please ask your doctor about any specific instructions you may require as you begin wearing your Richie Brace®.



## **RICHIE BRACE® : INSTRUCTIONS FOR CARE**

1. Remove your brace daily from your shoe(s) so moisture has time to evaporate.
2. Periodically clean the inside surface with a damp cloth and mild soap.
3. Avoid submersing your brace(s) in water for prolonged periods of time.