

This Orthosis (or brace) is a proprietary design that has been developed to improve on many of the problems typical of other treatments for clubfoot. There is only 1 soft strap at the thigh, the feet are not in shoes bolted to a fixed bar and, mostly important, your baby can move around in all directions. This means that it will be comfortable, well tolerated and will not hinder any of your baby's normal development such as rolling over, crawling and standing.

Putting the brace on your baby will take a little practice but will quickly become second nature.



Start by smoothing the sock over the ankle and pulling a small amount of excess sock at the toe.



Guide the foot gently into the foot portion of the brace, don't worry about the position of the thigh section at this point.



Holding the heel with thumb and fingers, gently encourage the heel into the cup. Meanwhile the other hand is pulling the foot into position by pulling on the toe of the sock. A smooth consistent pull works well when the foot is aligned with the shell.



With the foot fully in the shell, tip the brace so that the heel is all the way down in the cup. Snug the screw behind the heel down to hold the heel in position.



Place the middle finger under the bend of the knee and the index finger along side the thigh portion.



Rotate the thigh portion until it aligns with your baby's thigh. With the other hand snug the thigh down until it is seated in the cuff with the back of the knee aligning with the bend in the brace.





Firmly hold the knee in position by pushing down with your thumb—this leaves your other hand free to wrap the strap around the thigh and attach it to the Velcro on the outside of the thigh cuff.





When correctly donned, the Velcro strap is above the joint of the knee, the bend is located behind the knee and the heel is down in the cup.


## Some tips for Parents:


 Your child will eventually wear his/her Orthosis (brace) 23 hours a day, but will need several days to adjust to wearing it this much. Follow the schedule on the back to gradually and safely increase the time.

 Areas of redness are to be expected but if they persist more than 20 minutes after removing the brace, you'll need to slow down the break-in process. Try backing up and repeating the previous days schedule.

 Skin checks should be performed each time the orthosis is removed. If there is any skin breakdown, remove the orthosis and contact us immediately.

 At bath time each day, remove and clean the Orthosis. Wash the stockinette periodically that the child wears under the brace.

 Avoid socks that are either; too tight and constrictive or that are too bulky and allow material to bunch under the brace.

 Please do a thorough check daily of your child's foot for extreme temperature changes. This could indicate circulation problems. Please call us if you are concerned.

## INITIALIZATION SCHEDULE FOR THE DTKAFO

| DAY   | PROGRAM                                      |
|-------|--|
| Day 1 | 1 hour on, 1 hour off. Not at Naps, No Night |
| Day 2 | 2 hrs on, 30 mins off. Wear at Nap, No Night |
| Day 3 | 4 hrs on, 30 mins off. W/ Nap & Night        |
| Day 4 | 6 hrs on, 30 min off. W/ Nap & Night         |
| Day 5 | 6 hrs on, 30 mins off. W/ Nap & Night        |
| Day 6 | 8 hrs on, 30 min off. W/ Nap & Night         |
| Day 7 | 11 1/2 hrs on, 30 min off. W/ Nap & Night    |

Notes & Questions:

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Remember: Always check for loose or missing parts.  
**THESE ARE CHOKING HAZARDS.**

To protect your child, place a sock over the entire brace to trap any parts that may fall off. Stop wearing the brace and call us if you notice anything requiring tightening.



# Patient Information for the DTKAFO

(Dynamic Torsional  
Knee Ankle Foot Orthosis)