

INFORMATION FOR PATIENTS

Elastic foot drop orthosis

Why do I need to wear a brace?

The ankle brace has been prescribed to you because the muscles in your leg are not working well enough to lift your foot up.

The brace is designed to aid your mobility, reducing the possibility of tripping and falling and making your walking more energy efficient.

This brace has been fitted for your use only. Do not adjust it or fit it to anyone else.

It is important to wear the brace as instructed to help you move around safely.

How long do I need to wear the brace?

The length of time you will wear the brace varies depending on the reason the brace was supplied. Your physiotherapist will discuss with you the length of time you need to wear it.

You need to wear it until you are instructed that it is all right for you to walk without it or until a different brace is supplied.

You may also be referred to the Orthotics Department for further assessment.

When should I wear the brace?

The brace should be worn whenever you are walking around; this helps to reduce the risk of you tripping and falling and makes walking more energy efficient.

How should I put the brace on?

The person who fits your brace will explain how to do this. Once you are at home continue to use the same method:



1. Undo the shoelaces of the shoe and place the shoe insert between the tongue of the shoe and the shoelaces (narrowest end towards the toes). Re-do the shoelaces.



2. With the achilles tendon gel pad at the bottom, wrap the support around the leg just above the ankle, and fasten snugly with the Velcro strapping.



3. Bend the traction elastic, feed through the D-ring and attach to the hook on the shoe insert.



4. Pull the elastic to obtain the desired traction and secure on the ankle support with the Velcro fastenings.

You may be prescribed a shoeless wrap to use without footwear. To fit the shoeless wrap:



1. Place the wrap around the foot, (ensuring that the hook is pointing towards the toes) and secure with the Velcro straps.

2. Follow the instructions above from number 2 above onwards.

If you are unsure how to put the brace on whilst you are in hospital, ask a member of the ward staff to show you again.

If you are unsure when you are at home, either ask a friend or family member to help you or contact the Orthotics Department (details at the bottom of this leaflet). Please do not contact the ward you were on.

How do I look after my brace?

- When not being worn, stick the Velcro parts together, this protects the Velcro.
- Close all Velcro fastenings before washing.

- Hand wash only in cool water with mild detergent.
- Use a dry towel to absorb excess moisture and leave to dry at room temperature away from direct heat.
- Do not iron.
- Do not allow the product to come into contact with alcohol or solvents.

Precautions

It is advisable to wear a sock underneath the brace to prevent chafing.

The brace is flammable so keep away from fire.

Always follow the guidance of your orthotist or physiotherapist regarding the use of this ankle brace.

Eligibility

One elastic foot drop brace will be supplied initially. As this wears out, we will replace it. The life span of your brace will depend on your activity level and the frequency of use. If you wish to have more braces, please contact the department for a quote.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, or if the orthosis requires servicing or replacement, you **do not** need to be referred again.

If there are new symptom(s)/condition(s) that are unrelated, a new referral will be required to be assessed for further orthotic management.

Contact details

Orthotics Department
Clinic 2
King's Treatment Centre
King's Mill Hospital
Sutton in Ashfield
Notts
NG17 4JL

Clinics are held at:

- Clinic 2, King's Treatment Centre.
- General Outpatients, Newark Hospital.
- Neuro Rehabilitation, Mansfield Community Hospital.

The contact telephone number for **all** orthotic queries is 01623 676163.

Your brace has been fitted by:

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Role:

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Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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