

ORTHOTIC WEARING SCHEDULE

GRADUALLY INCREASE WEARING TIME.

DO NOT WEAR ORTHOSIS FULL TIME FOR FIRST WEEK.

Days 1 & 2	Wear orthosis for 1 hour in the morning and 1 hour in the afternoon.
Day 3	Wear orthosis for 2 hours in the morning and 2 hours in the afternoon.
Day 4	Wear orthosis for 3 hours in the morning and 3 hours in the afternoon.
Day 5	Wear orthosis for 4 hours in the morning and 4 hours in the afternoon.
Day 6	Wear orthosis for 5 hours in the morning and 5 hours in the afternoon.
Days 7 & After	Increase wearing time as tolerated.

IF AT ANY TIME YOU DEVELOP REDNESS OR IRRITATION, DISCONTINUE WEARING THE ORTHOSIS AND CONTACT THE OFFICE FOR AN APPOINTMENT.

IF YOU EXPERIENCE A CHANGE IN YOUR PHYSICAL CONDITION OR GENERAL HEALTH, REPORT CHANGES TO YOUR REFERRING PROVIDER AND YOUR HOWARD ORTHOTICS & ORTHOTICS PRACTITIONER IMMEDIATELY.

**TO REPORT A DEVICE FAILURE OR MALFUNCTION, CONTACT
HOWARD ORTHOTICS & ORTHOTICS, LLC AT (315) 786-8973.**

DESIGNS FOR YOUR LIFESTYLE