

G.C. MEYER, INC.  
**PEDIATRIC ORTHOTIC SPECIALISTS**

www.ortho4peds.com

INSTRUCTIONS FOR USE AND CARE OF YOUR CHILD'S D-DAFO

Correctly putting on your child's orthosis is the most important key to ensuring that your child will be comfortable and function as it is intended. Anyone who puts the orthosis on your child should be able to demonstrate that they can do it correctly before given that responsibility.

INSTRUCTIONS:

- 1 Have your child seated or lying on their back with their knee bent and hip flexed. This will help to relax their muscle tone and take stress off of tight muscles. Place your child's foot into the orthosis while keeping their leg and hip flexed.
- 2 Make sure that you have the RIGHT tongue with the RIGHT D-DAFO and the LEFT tongue with the LEFT D-DAFO. Set the tongues aside and open the flexible flanges on the orthosis to “scoop” the child's foot up into the orthosis. Pull open the flanges of the D-DAFO and tuck the tongue into the orthosis making sure that it does not fold over.

The shell and tongue edges should fit exactly into the cavity where they were formed during fabrication. Pull the Velcro closure snug on top of the foot first. This is critical for holding the heel all the way down and into the orthosis. Then pull each end of the elastic strap until they meet in the back. This strap stretches to allow dorsiflexion.

- 3 Make sure the heel is seated by looking through the peek hole. The heel should be tight against the plastic around the peek hole. If there is any space, tighten the straps and check again. Please call our office if you are unable to get or hold the heel all the way back into the orthosis.
- 4 Pull extra sock out in the toe area make sure the toes have room to move and are not cramped. Make sure that there are not any wrinkles under the strap areas on the orthosis as well.
- 5 Check your child's feet periodically (every 2 to 3 hours) for the first couple of days and as needed thereafter to make sure that there are no problems. Please call our office if your child develops any pressure areas or red marks that last longer than 20 minutes to ½ hour.

Not strapping an orthosis correctly can lead to blisters, pain, skin irritation, and lack of correction of the bony alignment. Please contact our office immediately with any questions or concerns regarding your child's orthosis.

## POTENTIAL RISKS AND PRECAUTIONS:

All orthoses should be inspected on a regular basis to ensure that the structural integrity of the materials and components are withstanding the rigors of daily use. With any orthotic device there is potential for material or component failure. There is risk that a fracture in the material could create sharp edges or a loss of function of the orthosis. Failure of components could lead to improper joint controls, loss of balance and potential for falls or injury. For these reasons, it is very important for caregivers to inspect each orthosis on a regular basis and report any safety concerns to Pediatric Orthotic Specialists immediately.

## HELPFUL TIPS

Shoes must always be worn with the D-DAFOs. (Athletic lace up shoes work best).

A clean, thin, snug sock with a heel works best.

The D-DAFO should be kept clean – wash out with soap and water as needed. Air dry.

If the Velcro wears out, contact us and we can replace it.

**Please call our office immediately with any questions or problems regarding the orthotics.  
Grand Rapids office (616) 956-5556.**

**In case of an after hours emergency, please contact:  
Andy Rolewicz cell - 217-454-0839  
Kevin Soules cell – (517) 262-1089**