

PEDIATRIC ORTHOTIC SPECIALISTS

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INSTRUCTION FOR CARE OF YOUR CHILD'S ROOSTER BOOT 2

Rooster Boot 2 is primarily used during "down time" when spasticity is at rest, such as sleep. Sitting on the floor or where the knees can be straight while wearing the Rooster Boots.

Instructions:

1. Have your child seated or lying on their back and bring your child's knee towards their chest. Set lock at a 90 degree angle as in Fig. 1.

Lock Assembly Stretch Indicator



Fig. 1
Locked
PppP
PUL/s/s

Pointer



Fig. 2

Unlocked, Load Applied

Stretch
Indicator



Fig. 3

Unlocked, Maximum End Point
end point for ROM

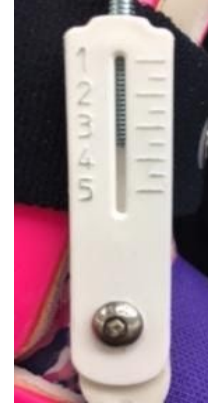
2. Place your child's foot in the Rooster Boot. Pull the Velcro strap on top of the foot snug and then the ankle strap until they meet in the back. Check that the edges of the tongue are correctly positioned and not folded under. Disengage the lock. **Rooster Boot must be in the unlocked position to initiate force for stretch.**
3. Ensure your child's heel is all the way down and remains seated in the Rooster Boot by looking through the peek hole in the heel. If there is any space between the padding and the heel, repeat steps 1, 2, and 3 to remove any slack from the Velcro strap on top of the foot. Retighten until heel remains seated.
4. Pull extra sock past the toes and up toward the knee to remove any wrinkles. Make sure the toes have room to move and are not restricted by the sock.
5. While your child is sleeping, view the Stretch Indicator and the number the pointer indicates as in Fig. 2. Maximum End Point shown in Fig. 3, is the full stretch that can be achieved with the Rooster Boot. This goal may take months to achieve but may be expedited with home therapy stretch with knees straight. See Reminders.
6. The **Stretch Adjuster load force** is increased and decreased by using the adjustment tool you were given at your child's fitting appointment. Turning up the force is done by turning the screw clockwise. Turning down the force is done by turning the screw counter clockwise. Stretch Load Force on the Rooster Boot should only be increased by 1 number per week on the number scale and can be done fractionally during the week.

7. ***The Stretch Adjuster controls the amount of load force. This should be set high enough to create as much stretch as possible while still allowing your child to sleep comfortably.***



Lower Stretching Load

Stretch Adjuster



Increase Stretching Load

Reminders

Parent will adjust to increase LLPS (Low Load Prolonged Stretch) over each week until Maximum End Point is reached. This could take months. Be assertive but patient.

The Maximum End Point for the ROM is 11 on the Indicator. Reaching this does not necessarily require high load force on the stretch adjuster scale.

Sitting with the Rooster Boots and the knees extended (straight) can produce a great stretch. Great use for computer, TV, game time, etc.

Call our office immediately if any of the following occur:

- You are unable to seat your child's heel in the Rooster Boot
- Your child gets any red marks that last more than 20 min after removing the Rooster Boot
- You are unsure if your child's Rooster Boot is adjusted properly
- You have adjusted the Rooster Boot as far as you can and your child is still not in the fully dorsiflexed (stretched up) position while sleeping. We can make further adjustments to increase the tension.
- Careful attention should be paid to your child's skin to ensure they are not experiencing sores or pain resulting from the Rooster Boot. If your child is communicating pain, please decrease the tension and contact the office for a follow up appointment.

The Rooster Boot should be kept clean by washing with soap and water.

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

For optimal use, store the Rooster Boot in the unlocked position to avoid loss of tension of the load force band. The Rooster Boot 2 is fabricated to the mold created by your American Board certified Orthotist specializing in Pediatrics.

Please call us if you have any questions or concerns regarding the Rooster Boot: Office 616-956-5556.