

Orthotics are an essential part of the rehabilitative process providing support and/or protection of joints. Your therapist, orthotist and physician work together to recommend the most appropriate orthotic.

### ORTHOTIC CARE & CLEANING:

- ▶ The extremity should be clean and dry before applying the brace. Always check the skin for areas of redness after wearing the brace.
- ▶ Hand wash with mild soap and lukewarm (not hot) water; never soak the brace in water. For ink or hard to remove spots, use a non-abrasive cleanser.
- ▶ Air dry the brace after washing, never use a clothes dryer or blow dryer.
- ▶ Never leave the brace in a warm car or place in direct sunlight. It should never be placed near a heater or fire as heat may deform or melt the plastic.

## FREQUENTLY ASKED QUESTIONS

What is an AFO, KAFO, HKFO, WHO?

This term is an abbreviation for the name of a brace. The name of the orthotic reflects the joint it supports. An Ankle Foot Orthotic, supports the foot and ankle. A KAFO would be for the knee, ankle and foot; a HKAFO would include the hip as well as the knee, ankle and foot. A WHO supports the wrist and hand.

What is a hand splint/brace?

A neoprene or hard plastic support that is worn on the hand and may include the thumb.

What is an elbow splint?

A support worn on the forearm and upper arm. It is usually used to maintain or increase elbow range of motion.

What about back braces?

A thoracic, lumbar, sacral support is called a TLSO. A lumbar support is a support for the lower back.

Why should I wear my brace?

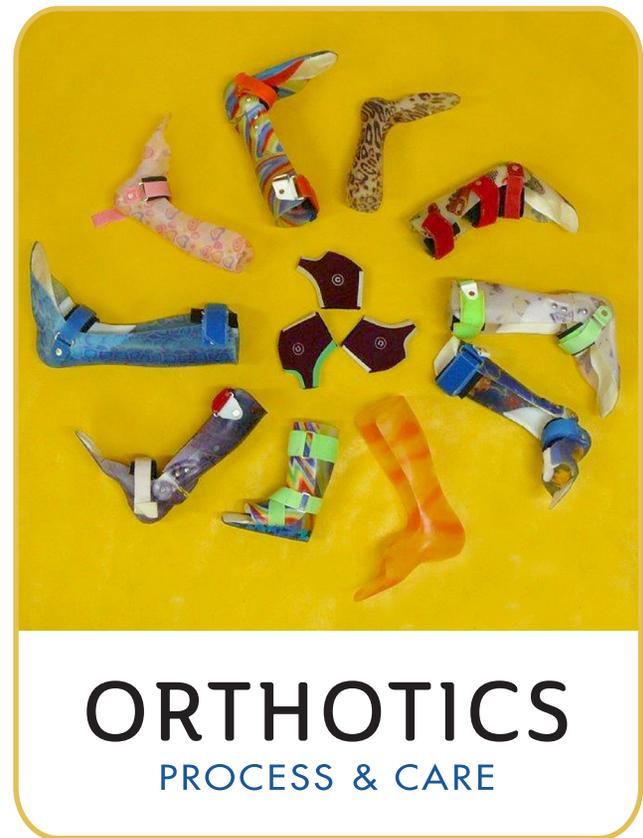
All braces require a physician order and therefore are considered a medically necessary device to provide support and/or protect a joint.

How can I qualify for CCS to purchase orthotics?

You must be financially eligible for the CCS Treatment Program. If you have questions call the CCS Administrative Office at (530) 895-6546.

How long do I need to wait for a replacement orthotic?

All orthotics must be adjustable to accommodate growth. For specific purchase intervals, please ask your therapist.



Medical Therapy Program (MTP)  
California Children's Services (CCS)  
(530) 552-3835

## ORTHOTICS & SPLINTS

All orthotics require a physician prescription and must be medically necessary.

An orthotic is a support, brace, or splint used to support, align, prevent, or correct the function of movable parts of the body. The term 'splint' or 'brace' is sometimes used to refer to an orthotic.

An orthotic may be used to support the ankle and foot to improve control at the knee when walking. Orthotics may also be used to support the wrist and elbow to improve the position of the joint for independence with Activities of Daily Living. Spinal supports may be used to help prevent deformity of the spine or to support the head.

Shoe inserts are also orthotics that are intended to correct an abnormal or irregular walking pattern by slightly altering the angles at which the foot strikes a walking or running surface.

A properly fitted brace should apply an even pressure, similar to an open-palm hand pushing on the skin. The brace should not cause sharp pain, or create blisters, bruises, or calluses.

## WEARING TIME

Splints are worn for varying time periods. It is important to gradually build up wearing time. Please talk with your orthotist and/or therapist for specific details on wearing time.

NIGHTTIME: worn while sleeping.

DAYTIME: worn for a specific prescribed time, with rest periods allowed throughout the day.

PROTECTIVE: worn to protect a joint after surgery or while participating in an activity that requires additional support around the joint.

### APPLYING THE SPLINT:

Gently stretch the joint before applying the brace.

The brace straps should be fastened firmly, but not too tight.

Always look at your child's body/skin for any problems before & after applying the brace. Check for proper fit.



## PRECAUTIONS

STOP wearing your brace and contact your orthotist and/or therapist if you notice any of the following when using the splint:

- Numbness
- Blisters or Callouses
- Severe pain
- Perspiration problems
- Pressure area (redness that remains for  $\geq 30$  minutes)
- Unusual discoloration or Rash
- Excessive swelling
- Excessive stiffness
- Cracks in the brace
- Broken straps
- The toes extending over the end of the brace.

- ▶ It is not safe to walk in a foot brace without shoes and it may also damage the brace. The brace should be worn with a thin, snug-fitting knee length sock to reduce friction and protect the skin from perspiration as well as, a shoe that is not too tight.