

Aljan Co.

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CUSTOM MOLDED LEATHER ANKLE GAUNTLET

ABOUT YOUR ORTHOSIS

1. Your brace is designed to provide stability, while allowing motion in positive directions, and limiting motion in negative ones. This device was designed and fabricated specifically for you, with your goals, activity level and limitations in mind.
2. Wear socks (preferably cotton or Coolmax) which are taller than the support. This provides a barrier between your skin and the leather to aid in prevention of skin breakdown.
3. The shoe is an integral part of the orthosis. It provides a stable base of support for safe ambulation. Shoes with a lace or velcro closure will hold your foot securely, and make donning (putting on) and doffing (taking off) easier. Slip on shoes do not fit as securely, and if the shoe is not snug on your foot, it may cause you to trip. Removeable insoles in your shoes are also helpful, as they create extra room for the brace. The insole can then be removed from the brace side, and the insoles double up on the unaffected side to absorb some of the extra room.
4. Shoes need to be large enough to accommodate the ankle gauntlet, so take the device with you when you purchase new footwear. It will be easier to ensure the device will fit and function properly with the new shoes if the shoes are fit to the brace. It will usually be necessary to buy shoes that are one to one and a half sizes larger than you normally wear to appropriately fit the brace. Most of the time, one pair of shoes is adequate. Mismates are an option, however, either by purchasing two pair of shoes, one to fit the braced side and one to fit the unbraced side; or by special ordering different sized shoes through a shoe store.
5. When you change shoes, be careful to maintain the same heel height. If the new shoes have a higher or lower heel than the heel profile the brace was fabricated to, it might adversely affect your balance, causing you to trip or fall.
6. It is important that you feel level when you are wearing your ankle gauntlet. You should not feel as though your foot is sitting higher on the brace side. If this is the case, you need to let your practitioner know so that appropriate measures can be taken to correct this discrepancy. Often, the problem can be rectified by simply adding a piece of firm material to the inside of the opposite shoe. If the height difference cannot be corrected this way, it may be necessary to modify the outside of the shoe. Other shoe modifications may be recommended by your practitioner to improve and complement the function of your brace, as well.
7. **Do not** place your device near a heat source (radiator, blow dryer, etc.). Heat can warp the plastic, which will affect the fit of the brace, and integrity of the materials.

8. As soon as you receive your device, you should treat it with water repellent. Use leather cleaner and conditioner to clean and maintain the device. Ankle joints should be lubricated monthly with a drop of teflon lubricant, and maintenance appointments should be scheduled every six months, or as your practitioner recommends.

WEARING AND USE OF ANKLE GAUNTLET

1. Follow the wearing schedule provided by your practitioner. The schedule is designed to graduate the wearing time to allow you to build tolerance to the device, and ensure it's fitting properly. The time on the schedule includes both active and inactive time in the brace. **Do not** overuse the device, as skin breakdown may affect your ability to continue wearing the brace until the area has healed.
2. To don your ankle gauntlet, you should place your foot into the brace, ensuring your foot is against the bottom and back of the device, then lace or velcro the device snugly. Slide your braced foot into the shoe.
3. Each time you wear your brace during the break in period, you should remove your sock and check your skin. This is especially important if you have neuropathy, or other sensory loss. If you're unable to see the bottom of your foot, have a helper check the skin for you. If red marks are present, they should dissipate within 30 minutes of removing the brace.
4. Make sure that you are safe when you begin to ambulate with the brace. You may need to use a walker or cane for balance because the brace has changed the position of your ankle and foot, which also changes your gait pattern.
5. Do not be discouraged if it appears to take longer than expected to build tolerance to the ankle gauntlet. Each individual has specific needs and conditions that may affect the fit and tolerance to the brace. The brace should not hurt, nor cause skin breakdown, blisters, or rashes. Since it is fabricated from rigid materials, adjustments may be necessary to ensure optimal fit of your device. Call for an appointment to have the brace adjusted if there are any questions or problems.

An appointment is required to make changes or adjustments to your device. Staff is available for emergency needs on weekends and holidays from 8:00 AM to 6:00 PM. Call the number below for instructions on how to contact the practitioner on call.

Please call if you have any problems with or questions about your device. Report any changes in your health or physical condition that may affect the fit or function of your device, such as changes in weight or volume, muscle strength, or recent surgeries.

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