

> Tips & Tricks

> REDNESS

Some redness is okay! When the Surestep SMO is properly worn, it is normal for slight redness to appear in areas where the brace surrounds the foot. If blistering or severe redness occurs, please notify your orthotist.

> TIGHTNESS

Surestep SMOs must be TIGHT to provide the compression and support your child needs to achieve stability. Remember, snug is not enough.

> GROWTH

In order for the Surestep system to be effective, it must fit your child properly. On average, children outgrow their braces in one year. However, every child develops differently and this time frame may vary. If you begin to notice issues with the fit of your child's braces, please schedule an appointment with your orthotist to be evaluated.

> CARE

Use mild soap and water to clean the plastic and velcro straps. We recommend using isopropyl alcohol to clean the foam liners. Allow the device to air dry.

> FOOTWEAR

Surestep has developed a line of footwear that was specifically designed for children who wear orthoses. Additional width, depth and flexibility accommodate orthotic devices and make for a comfortable fit. Our shoes and sandals are available to purchase directly through your orthotist or online at surestep.net.

> Wear Schedule

We understand that each child is an individual and requires unique care. While we typically recommend children wear their SMOs during all waking hours, we understand that their needs may vary greatly. In order to optimize the effectiveness of your child's treatment, your Orthotist and/or Physical Therapist may choose to fill out the following fields for individualized dosage instructions.

> HOURS/DAY

- Recommended: 8-10 hours (*all waking hours*)
- Other _____

> DAYS/WEEK

- Recommended: 6-7 days
- Other _____

> ACTIVITIES

- During all weight bearing activities (*standing, walking*)
- During all floor activities (*crawling*)
- Other _____

ADDITIONAL NOTES

> *Your child's needs may change over time and the recommended wear schedule may need to be adjusted. Be sure to follow up with your therapist and/or Orthotist regularly to check the fit of your child's device and to update this form.*



grow with us



> Donning



1

Open the Surestep SMO from behind and underneath the foot, then pull the brace forward onto the foot.

2

While cupping the heel of the SMO in one hand, supinate the foot inside of the brace.

To do this, you will need to twist or rotate the foot outward by lifting under the ball of the foot. While doing this, you will also need to dorsiflex the ankle (lift up on the front of the foot). This will allow you to look down into the device under the foot and see that the heel is properly touching the bottom surface.



3

Next, push the foot back into the brace until you feel that it has made contact at the back of the heel.



4

Maintain this position by squeezing the device while you begin to fasten and tighten the straps.

Your orthotist may have marked the straps for proper tensioning.

 **surestep**



> Please remain seated

To ensure the product is properly donned and secured, your child should be in a seated position facing you, somewhat elevated, either on a chair or safely on the edge of a table. This will keep their knees and hips flexed and their feet and ankles relaxed during donning.

> Tightness is very important

Snug is not enough, Surestep SMOs must be TIGHT. This tension creates the compression necessary to achieve stability in standing. If the device is tightened properly, there should not be any blistering or areas of severe redness.

> Stickers know best

Don't let your instincts mislead you! Although your braces may appear to be mislabeled, they have been correctly marked with "Left" and "Right" stickers. The lateral side (outside) of the Surestep SMO is longer than the medial side (inside). It helps to remember that the buckles should face outward.



> Trimlines

1

On the medial side (inside) of the foot, braces should be trimmed behind the big toe, and the ball of the foot.

It is important that this edge is back far enough so that it does not impinge on the bony portion of the ball of the foot.



2

On the lateral side (outside) of the foot, braces should be trimmed just behind the 5th toe.

Extend or push up on the 5th toe to make sure the fit is correct. This will simulate the movement the toe experiences while walking. The plastic edge of the brace should not restrict this movement.



3

If the device fits properly, there will be a gap between the edges of the plastic on the top of the foot.

Depending on the child, this gap may be as narrow as 3/8" on smaller kids (about the width of a pinky finger) or as wide as 1" on larger children (about as wide as a thumb). These plastic wings should never touch or overlap.

4



correct trimline



incorrect trimline

Surestep SMOs should be trimmed behind the ball of the foot and to the base of the 5th (pinky) toe.