



Orthotic & Prosthetic

SPECIALTIES INC.

SHORT LEG BRACE (SLB)

USE AND CARE INSTRUCTIONS

A Short Leg Brace (SLB) is a custom metal and leather brace that is attached to your shoe. It is designed to stabilize or assist weak muscles, immobilize painful joints, or correct the position of the foot and ankle. Your Short Leg Brace may have a single metal bar going up either the inside or outside of your leg or it may have two metal bars, going up both sides of your leg.

HOW TO USE YOUR SHORT LEG BRACE

- Wear a cotton sock. Some people prefer to wear a sock that is taller than the SLB but this is not necessary. A tall sock can be folded back over the top of the SLB. Fasten the top Velcro strap snugly and lace up or close the Velcro on your shoe.
- Some SLBs include a T-strap. This is a padded leather strap that provides support to the side of the ankle. It is necessary to position the leather strap around the outside of the metal bar opposite the side of the pad before fastening the buckle.
- When you first try to walk with your SLB, you may feel awkward. Practice in your home or with a physical therapist before you walk outside.
- Begin wearing the SLB for approximately one hour at a time, then take it off and rest your leg. Alternate wearing the SLB and resting your leg for the first few days. Become used to wearing the SLB gradually. Slowly increase your wearing time over the next several days.
- It is VERY important to check your foot and ankle area for any red pressure areas. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or have poor sensation in their feet. Call your orthotist if you have any concerns.
- Do not become discouraged if you feel an adjustment is needed. This is not unusual. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

HOW TO CARE FOR YOUR SHORT LEG BRACE

- If the leather on the SLB becomes soiled it can be wiped down with a damp cloth. Do not let the leather become wet. Over time the leather may begin to crack or wear through and may need to be replaced.
- Metal joints will require periodic lubrication. Ask your orthotist what type of lubricant to use.

IMPORTANT NOTES ABOUT YOUR ANKLE FOOT ORTHOSIS

A SLB is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.