



Orthotic & Prosthetic

SPECIALTIES INC.

PATELLAR TENDON BEARING ORTHOSIS (PTB) USE AND CARE INSTRUCTIONS

A Patellar Tendon Bearing Orthosis (PTB) is a custom molded plastic brace with metal uprights and ankle joints designed to un-weight the foot and ankle. It decreases the amount of a person's weight being placed on their bones, joints, and tissue and can also immobilize painful joints of the foot. The PTB is attached to a shoe or boot

HOW TO USE YOUR PTB ORTHOSIS

- Wear the PTB brace over a PTB sock provided by your orthotist. The sock will absorb perspiration and cushion your leg. These socks fit over your knee and calf and come in different thickness. You can vary the thickness of the sock(s) to accommodate a change in the size of your leg. You also need to wear your regular stocking along with the PTB sock as they cover different parts of your leg and foot.
- Putting on your PTB brace: always wear it over a PTB sock, place your foot into your shoe and draw the posterior plastic shell onto the back of your leg, lift your foot slightly inside your shoe so there is approximately a ½ inch space under the bottom of your heel and your shoe, position the front shell of the PTB on your leg and secure the holes in the top of the front shell on the studs on the top of the back shell, then close the shell over your leg and secure the two Velcro straps securely. Be sure that there are no wrinkles in the sock under the PTB.
- When you first try to walk with your PTB, you may feel awkward. Practice in your home before you walk outside.
- Unless otherwise instructed by your physician or orthotist, begin wearing the PTB for approximately one hour at a time, then take it off and rest your leg. Alternate wearing the PTB and resting your leg for the first few days. Increase your wearing time over the next several days.
- It is important to check your skin 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. 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 PATELLAR TENDON BEARING ORTHOSIS

- Clean the plastic sections at least once a week using mild soap, rinse well and dry. The foam liner should be cleaned weekly using a cotton ball dampened with rubbing alcohol.
- Metal joints will require periodic lubrication. Ask your orthotist what type of lubricant to use.

IMPORTANT NOTES ABOUT YOUR PTB ORTHOSIS

A PTB Orthosis 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.