



# **Orthotic & Prosthetic**

**SPECIALTIES INC.**

## **UCBL FOOT ORTHOTIC**

### **USE AND CARE INSTRUCTIONS**

The UCBL design was developed at the University of California-Berkeley Lab. It is a rigid, plastic arch support designed to correct the position of your foot. Because of that, the trim line in the foot and heel area is much higher than other arch supports.

#### **HOW TO USE YOUR UCBL FOOT ORTHOSIS**

- Wear the foot orthotic in a lace-up type shoe that has enough room for both your foot and the orthotic to fit comfortably. If you have any questions about your shoe, ask your orthotist.
- Begin wearing the UCBL foot orthotic for 20-30 minutes at a time. Alternate time spent wearing the foot orthotic and resting your foot for the first few weeks. Allow your foot to get used to the foot orthotic gradually.
- Slowly increase your wearing time throughout the next several weeks.
- Check your foot for red pressure areas when you remove your foot orthotic. Any reddened area that does not fade after 20 minutes should be watched carefully. This is particularly important for patients who are diabetic or have poor sensation in their feet.

#### **HOW TO CARE FOR YOUR UCBL FOOT ORTHOSIS**

- Wash your feet daily.
- Wash the foot orthotic weekly using mild soap and water. Wipe the orthosis with rubbing alcohol to eliminate odors.

#### **IMPORTANT NOTES ABOUT YOUR UCBL FOOT ORTHOSIS**

A UCBL foot orthosis is a very specialized device. It is VERY important to keep all follow-up appointments made by your pedorthist/orthotist. Schedule an appointment with our office if any unexpected problems occur.