



200 E. Del Mar Blvd. Ste. 124  
Pasadena, CA 91105  
(626) 584-0805, (626)584-0806 fax

## The DO's and DON'Ts of Wearing Your UFO (Universal Plantar Fascitis Orthosis)

Your physician has prescribed a special brace to assist in your rehabilitation. You should follow your physician's guidelines and instructions for wearing the brace. Here are just a few other instructions regarding the proper use of the brace.

### Do

- Wear your brace as prescribed by your physician.
- Wear your brace whenever you are resting for a period of time.
- Insert the foam wedge that comes with the brace only after you have conferred with your doctor. The wedge is inserted under the toes to offer additional stretch to your brace fascia. It is best applied under the padded liner, and attached to the brace using the Velcro strips that are already on the brace. *Note: Make sure the higher end of the wedge is towards the front edge of the brace.*
- Wear an athletic sock directly on your foot, underneath the brace, for additional comfort.
- Wash the padded liner as needed with mild soap and water.
- Keep the straps snug but not tight whenever you are wearing the brace.
- Contact your physician if you feel any tingling numbness while wearing the brace.

### Don'ts

- Discontinue wearing the brace until instructed to do so—even when you begin feeling better!
- Wear the brace if it is causing irritation to your skin. Contact your physician in the unlikely event that this occurs.
- Apply too much stretch to your foot all at once. The rehabilitation should be a gradual process, so be careful not to go too fast.
- Put the brace next to a direct source of heat.
- Loan the brace to a friend with a "similar condition." Encourage your friend to consult a physician.
- Attempt to trim or modify the brace.

**Note:** While a walker bottom has been provided with the UFO, it is nor designed for normal, everyday ambulation. The patient must be instructed as such.

#### **Precautions to observe:**

1. Do take short steps
2. Do avoid contacting the heel portion only
3. Do not wear outside
4. Do contact your healthcare provider for repair if the sole pulls away from the brace

Dr. \_\_\_\_\_

Phone # \_\_\_\_\_

Hospital Phone # \_\_\_\_\_

