

INSTRUCTIONS FOR DENNIS BROWNE BAR AND SHOES FOR CLUBFOOT CORRECTION

Indication for Use: The use of the bar and shoes is only for clubfoot which has been completely corrected by serial casting, manipulation and possibly a heel cord lengthening. Even when well corrected, the clubfoot has a tendency to relapse until the age of approximately three years.

Description: The adjustable aluminum bar has metal footplates for attachment of the shoes. The footplates are set at an angle prescribed by your doctor. The shoes are straight last shoes which means they can go on either foot, but the buckles should be on the inside of the foot so you do not have to turn the baby over to tighten the ankle strap. The pink pad on the inside of the shoe above the heel helps prevent the heel from coming out of the shoe.

Wearing Schedule: The infant will wear the orthosis (brace) once the last set of casts is removed. The infant wears the orthosis for 23 hours a day for the first 3-6 months (determined by your doctor) following cast removal, out of it only for baths. For the next 3-4 years, the orthosis is used for night and naptime only. Your physician will determine how long the orthosis will be worn and the time depends on the severity of the clubfoot.

Wearing Instructions:

1. Always use a cotton socks that cover the foot everywhere the shoe touches the baby's foot and leg. Your baby's skin may be sensitive after the last casting, so you may want to use two pairs of socks for the first two days only. After the second day only use one pair of socks.
2. If your child does not fuss when you put the orthosis on, you may want to focus on getting the worst foot in first and the better one in second. However, if your baby tends to kick a lot when putting on the orthosis, focus on the better foot first, because the baby will tend to kick into the second shoe.
3. Hold the foot into the shoe and tighten the strap first. The strap helps keep the heel firmly down into the shoe. Do not mark the hole on the strap that you use, because with use the leather strap will stretch and your mark will be useless.
4. Check that the child's heel is down in the shoe by pulling up and down on the lower leg. If the toes move backwards and forwards, the heel is not down, so you must retighten the strap. A line should be on the insole of the shoe indicating the location of the child's toes; the toes will be at or beyond this line if the heel is down.
5. Lace the shoes tightly. Do not cut off circulation. Remember, the strap is the most important part. The laces are used to help hold the foot in the shoe.
6. Be sure all of the baby's toes are out straight and that none of them are bent under. Until you are certain of this, you may want to cut the toes out of a pair of socks so you can clearly see all of the toes.

Follow up Care: Remove shoes and inspect skin at least once every day. The orthosis needs to be checked periodically for proper fit with Great Lakes. The width of the bar between the center heel screws should be equal to the width of the shoulder or slightly larger. The shoes need to be replaced only when the toes completely curl over the edge of the shoes.

Helpful Hints:

1. Expect your child to fuss in the orthosis for the first 2 days. This is not because the orthosis is painful, but because it is something new and different.

2. Play with your child in the orthosis. This is a key to getting over the irritability quickly. The child is unable to move his/her legs independent of each other. You must teach your child that he/she can kick and swing the legs simultaneously with the orthosis on. You can do this by gently flexing and extending the knees by pushing and pulling on the bar of the orthosis.

3. Make it a routine. Children do better if you make this treatment a routine in your life. During the 3-5 years of night/naptime wear, put the orthosis on any time your child goes to the “sleeping spot.” They will figure out that when it is that time of day they need to wear the brace. Your child is less likely to fuss if you make the use of this orthosis a part of the daily routine.

4. Pad the bar. A bicycle handle bar pad works well for this. By padding the bar you will protect your child, yourself, and your furniture from being hit by the bar when the child is wearing it.

5. Never use lotion on any red spots on the skin. Lotion will make the problem worse. Some redness is normal with use. Bright red spots or blisters, especially on the back of the heel usually indicate that the shoe was not worn tightly enough. Make sure that the heel stays down in the shoe. If you notice any bright red spots or blistering remove the shoes and contact Great Lakes for an appointment.

6. If your child continues to escape from the orthosis try the following: (check after each step to see if the heel is down, if not proceed to the next step)

- a. Tighten the strap by one more hole
- b. Tighten the laces
- c. Remove the tongue of the shoe (Use of the orthosis, without the tongue will not harm your child)
- d. Try lacing the shoes from top to bottom, so that the bow is by the toes.
- e. Periodically tighten the screws on the bar.

7. Caution: When not wearing the device, keep it away from your pets since they are attracted to the human scent and will chew and destroy it.

8. Call immediately for an appointment if there are any skin problems, discomfort or other fitting problems. If you need immediate assistance after regular office hours, please call 893-4116 and leave a message on the answering machine. Your call will be returned.

Warranty: The components of this device, since it is a prefabricated device, carry an individual manufacturer’s warranty. Great Lakes will honor warranties under applicable law. Most devices are warranted for 90 days, after which a service charge, based on an hourly rate and materials, can be applied. The warranty does not apply to anatomical changes of the patient, misuse and/or loss of the device or any alterations made by anyone other than Great Lakes.