

WEARING INSTRUCTIONS FOR DENNIS BROWNE BOOTS FOR THE TREATMENT OF METATARSUS ADDUCTUS

Conservative treatment with Dennis Browne Straight Last or Reverse Last boots will provide a constant stretch on tight soft tissues and correct the alignment of the forefoot to the hindfoot. The correction will take place over time, and your child's progress will be monitored through the clinic.

INITIAL FITTING PROCESS:

Weaning your child into the boots is important in building up tolerance. Close monitoring during the treatment with boots will significantly prevent problems before they occur.

During the initial fitting of the boots and bar for your child, the Certified Orthotist will:

- size the boots to your child's feet
- discuss appropriate socks for your child
- demonstrate and guide you in positioning your child's feet properly in the boots.

At any time during the fitting process or afterwards, please feel free to ask any questions or receive any clarifications that you require.

PLACING THE BOOTS PROPERLY ON YOUR CHILD'S FEET

Your orthotist will demonstrate the following points:

- ✓ Loosen the boot laces and secure the ankle strap at the very last hole on the strap. Gently widen the opening of the boot at the top with the tongue at a midpoint of the wide opening.
- ✓ Position your child's hip and knee into flexion with the foot in line with the knee. This will make it much easier to position the foot into the boot.
- ✓ Stretch the foot gently into the corrected position and place into the boot making sure that you are in a position that does not stress your child's foot to turn in with respect to the knee.
- ✓ Holding the front of the ankle into the boot firmly with your thumb, make certain that the heel is touching the bottom and then slide the heel to the very back of the boot.
- ✓ Tighten the ankle strap to hold the foot in place, and without releasing your hold of the foot in the ideal position, gently center the tongue and tighten the ankle strap again until you reach the appropriate mark on the strap as indicated by your orthotist.
- ✓ When the ankle strap is tightened appropriately, you should be able to wiggle the tongue slightly and get a half finger's width between your child's foot and the tongue of the boot.
- ✓ Check that the toes are not curled under and are laid out flat and held in an outward (abducted) position with respect to the heel. Otherwise, reposition the forefoot before pulling laces snug.

- ✓ With the laces evenly snugged up to hold the entire foot in the boot, you may test how secure the foot is within the boot by gently tugging at the boot. It should not slip on the foot.
 - Even though it may seem kinder to place the boot on loosely, it will result in skin problems, blistering and poor positioning.
- ✓ Repeat this process on the other side.

The boots have been kindly donated by previous users and/or the hospital. For this reason there is no charge for them in the treatment of your child. Please take good care of them and advise the orthotist of any problems.

Your child will need a few different sizes of the boots as they grow. This will be determined during your visits to the clinic; however, you may make an appointment with the orthotist only at the clinic if you require changes to the boots due to growth in-between clinic appointments.

If there are no available boots in your child's required size, you may need to purchase one or more boot and/or bar. Your orthotist will discuss this with you if it is necessary.

During the initial adjustment period, if your child is crying and will not settle down:

- Check that the boots are on properly. If necessary, remove the boot, check the skin and reapply.
- If there is redness or irritation, check to make sure that the boot had been applied correctly, then position correctly and monitor.
- If your child's foot is slipping out of the boot (if the foot is further back than the marked line on the boot), reposition boot and attempt to tighten the ankle strap by one or more holes. Monitor closely.
- If you continue to have problems, call or email your orthotist with photos or descriptions of the problem that you are experiencing.

Outside of clinic days, you can contact your orthotists at their office located outside of the hospital. Please see names and contact information below:

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