

Dennis Browne Boots and Bar (B&B)

***Please note that these are generalized instructions. Please follow your patient-specific instructions from your orthotist and/or physician if they are different from what is stated below.**

WEAR INSTRUCTIONS

- Ensure the feet are dry and there are no wrinkles in the sock.
- Open the boot as wide as possible by loosening the laces and ankle strap to the last hole.
- Bend the hip and knee and lift the toes up before placing the toes in. Wiggle the boot on and then slide the heel along the bottom of the boot all the way to the back.
- While holding the front of the ankle into the boot firmly with your thumb, apply the ankle strap snugly. Test how secure the foot is in the boot by gently pulling up on the leg and down on the boot. If the heel slips up and out, the ankle strap may need to be tightened.
- Lift the toes to ensure they are flat and not curled by tugging on the end of the sock.
- Adjust the tongue to the center and tie the laces snugly.
- Repeat for the other side. Rotate the feet outwards and click the bar into place.

WEAR SCHEDULE

- The B&B should be worn full-time for maximum effect (unless otherwise indicated by your orthotist and/or physician). Initially, you are encouraged to raise the child's feet with a blanket under the B&B to counter any swelling after cast removal.
- Always check and monitor the skin. Any redness should dissipate 10-20 minutes after removal.
- If your child is crying and will not settle down:
 - Remove the boot and check the skin. If there is redness or irritation, reposition the boot to ensure it was applied correctly and monitor regularly.
 - Test how secure the foot is in the boot. A loose-fitting boot can lead to skin problems, blistering, and incorrect positioning.
 - The bar may be removed temporarily and reapplied when your child settles.
- If you continue to have problems, please contact us for an appointment immediately and provide details of the problem you are experiencing.

Thank you,

The Ortho Dynamics team