

optimus
PROSTHETICS

Patient
Education
Packet

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WHAT MAKES UP A PARTIAL FOOT PROSTHESIS?

Insert

The main component of a partial foot prosthesis is the insert. The insert is custom fabricated based on a foam impression of your foot. The insert is made up of layers of foam and cork to provide a soft yet supportive interface for your residual foot. The insert is designed to fill in for the areas missing toes to help fill out the shoe and provide support while walking.

Ankle Foot Orthosis ('AFO' or Brace)

Not all partial foot prostheses will utilize an AFO, however, in some cases it is necessary. The AFO is typically made of carbon fiber with a rigid front panel that rests against your shin. This helps to assist with push-off while walking and offload the end of the residual foot. The AFO will also assist in preventing your foot from dragging on the floor while walking. The AFO goes inside the shoe first, and then the custom insert sits on top. The two pieces work together to form the partial foot prosthesis.

Carbon Footplate

Not all partial foot prostheses will utilize a carbon footplate, however, in some cases it is necessary. The carbon footplate rests underneath the insert and helps to provide support during push-off while walking.



Partial Foot Insert



Carbon Footplate

Ankle Foot Orthosis

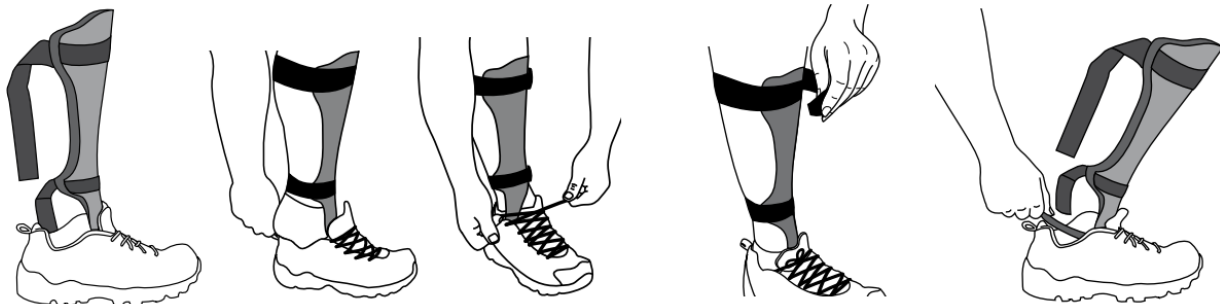




PARTIAL FOOT PROSTHESIS

DONNING/DOFFING

1. Pull the sock liner or prefabricated insert out of your shoe.
2. If utilizing an AFO or carbon foot plate, slide this into the shoe first.
3. Slide in the foam insert on top. Your foot should always contact the insert, never the carbon footplate or AFO. Ensure the insert is flat and wrinkle-free by running your hand through the inside of the shoe.
4. Secure your shoe snugly around your foot. If you feel your heel sliding while walking, you may need to tighten the shoe more.
5. *If utilizing an AFO*, bring your foot underneath your knee to about 90 degrees. This will bring the shin section flush against your leg. Wrap the straps around the back of your calf and secure in place with Velcro.
6. To remove your partial foot prosthesis, un-Velcro the straps and slide your foot out of the shoe. The insert and/or AFO may remain in the shoe.





WEAR SCHEDULE

INITIAL WEAR SCHEDULE

Your foot needs time to adjust to wearing the partial foot prosthesis. **Do NOT wear your prosthesis all day the first day**, or even the first week. Unless otherwise directed by your prosthetist, follow these general wearing guidelines. Discontinue use if blistering or sores develop and contact your prosthetist for an adjustment.

First Week.....1-2 hours in AM, 1-2 hours in PM

Second Week.....4-8 hours a day (gradually increasing by 30 minutes per day)

Third Week.....10-12 hours a day, or as tolerated

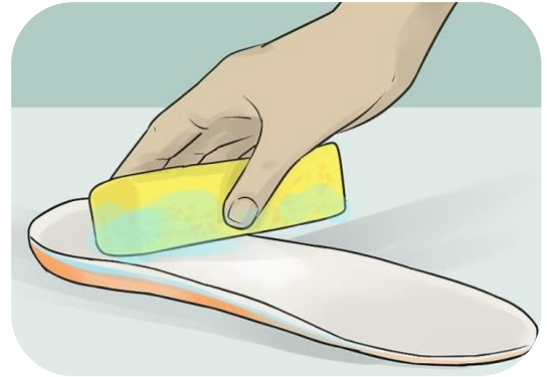
Additional Notes



USE AND CARE

INSERT

- ❑ To reduce the risk of skin irritation, always wear a thin sock with your partial foot prosthesis. Ensure that there are no wrinkles in the sock and that it fits snugly on your foot.
- ❑ Inspect the inside of the shoe for foreign objects, tears, cracks, or embedded objects before putting it on.
- ❑ The insert can be wiped down with a damp cloth and rubbing alcohol if it gets dirty or an odor develops.



ANKLE FOOT ORTHOSIS

- ❑ There should always be an interface between the front of the brace and the leg. Tall cotton socks are suggested for increased comfort.
- ❑ It is recommended to wash liners and straps twice weekly. Pads and straps can be machine washed and laid flat to dry. Do not tumble dry or dry clean pads or straps.
- ❑ Your AFO should be cleaned regularly with mild soapy water using a clean cotton towel. Do not attempt to hasten drying by using a hair dryer or placing the appliance in front of a heater – towel dry or let dry at room temperature.
- ❑ Report any cracks, chips, or noises to your prosthetist as damage to the brace can affect the safety of the prosthesis.



DAILY FOOT CARE

For lower-extremity amputees, it is important to maintain the health of your sound foot. This is especially important if you have diabetes, decreased circulation, or neuropathy (poor sensation) in your lower extremities.



YOUR DAILY ROUTINE SHOULD INCLUDE THE FOLLOWING:

Wash and dry your foot properly. Use a mild soap, rinse thoroughly, and dry your skin by blotting or patting, making sure to dry between your toes.



Inspect your foot daily. Check for blisters, cuts and cracking, pressure areas, redness, irritation, skin breakdown, pain, or edema.



Protect your foot from injury. Wear shoes or slippers at all times, and check your shoes every time you put them on for tears, wrinkles, rough edges or sharp objects.



Contact your physician or prosthetist with any concerns.





IMPORTANT POINTS

When used properly your prosthesis can help you walk and live more independently. Follow these important points to ensure your success:

- Catch any issues early. Contact your prosthetist at the first sign of problems.
- Know your limb — be able to recognize when something unusual occurs (red spots, discoloration, tough skin, etc).
- While wearing the partial foot prosthesis, your skin may experience adverse effects like blisters, rashes, sores, etc. When this occurs, immediately remove the prosthesis and contact your prosthetist.
- Report any malfunctions, failures or needed repairs to your prosthetist immediately.
- If there is a significant change to your health condition or weight loss or gain of more than 10lbs, contact your prosthetist.
- Repairs on the prosthesis are under warranty for 3 months from the date of delivery. Individual components may have different warranties. Ask your prosthetist for details.
- Follow up appointments are important and will occur frequently after initially receiving your partial foot prosthesis. Regularly scheduled follow up appointments are then suggested every 3-6 months to monitor your progress. It is important to keep these appointments, as they will allow your prosthetist to ensure you sustain maximum comfort with your device.