

## PATIENT FITTING & INSTRUCTIONS FOR USE

### Allied OSI Labs Fall Protection Brace

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#### Proper Footwear / Shoes

- A well-constructed Velcro or lace up shoe will provide the best results
- Shoes with removable insoles and/or added (extra) depth may be necessary
- Don't wear shoes with thick soles
- Velcro straps are preferred over lace closures
- Remove any footbed with arch support – Do not place the brace on top of an orthotic
- Place the Fall Protection Brace on top of a thin, flat cushioned layer or spacer that often comes with diabetic shoes
- Make sure the Fall Protection Brace is snug against the back of the shoe counter and on the correct foot

#### Placing the Foot into the Fall Protection Brace Safely & Properly

- Always place the brace inside the shoe before putting the brace on your foot
- While seated, point your toe and slide your foot into the shoe and the brace
- Keep the knee bent and just above the foot – not turning out
- Hold onto the back upper portion of the brace to help slide the foot in
- Make sure the brace is as far back into the heel of the shoe as possible
- Tuck in the tongue of brace under the Velcro portion and pull the straps over and across
- Adjust the Velcro straps so they are never too tight nor too loose
- After fastening the 2 Velcro straps, the shoes should be secured and the patient is ready to walk

#### Walking While Wearing the Fall Protection Brace

- If the patient uses a cane or walker, continue to use while using the Allied Fall Protection Brace. Do Not discontinue the use of a cane or walker
- If the brace causes any discomfort or results in rubbing, make sure it fits the shoe properly
- Expect a break in period of getting used to walking with the brace. If they are comfortable, wear the devices as long as it feels stable and secure
- Patients will use the brace more consistently as they get used to it and increasingly appreciate its effectiveness

#### Additional Steps to Prevent Falls

- Begin a regular exercise program. Ask your doctor or health care provider about the best type of exercise program for you to improve balance and coordination.
- Review your medicines, even over-the-counter. Some medicines or combinations of medicines, can cause dizziness and may cause a fall.
- Have your feet checked. Painful feet can increase your chances of falling. Visit a podiatrist regularly.
- Have your vision checked. You may have a condition like glaucoma or cataracts that limits your vision and increase your chances of falling.
- Make your home safer. Remove things you can trip over (papers, clothes and shoes) from places you walk. Remove small throw rugs.
- Have grab bars put in next to your toilet and in the tub or shower. Use non-slip mats in the bathtub or shower floor.
- Have handrails put in all stair cases and steps.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.