

Bracing Wearing Schedule

Day 1 – 2 :	1 hour	2 times per day
Day 3 – 4 :	2 hour	2 times per day
Day 5 – 6 :	3 hours	2 times per day
Day 7 – 8 :	4 hours	2 times per day
Day 9:	ALL DAY	

It is very important that you follow the above schedule.

- ✓ There should be at least 2 hours between wearing times.
- ✓ Do not extend wearing times.
- ✓ Remove the brace and sock and check for redness after each wearing period.
- ✓ If some redness is noted, check the area again in 20 minutes.
- ✓ If there is no redness after 20 minutes, you may begin wearing the brace again at the next scheduled time.
- ✓ If redness is still present after 20 minutes, do not put the brace back on. Make a notation of the area of concern and call us to schedule an appointment for an adjustment to the brace.

Anderson Orthotics & Prosthetics
Toll free (888) 557-1881
(936) 559-1881

Phones answered, or messages returned promptly, 24 hours a day.

If you have ANY problems with your brace, please call us.