

CARE PLAN

INDICATIONS:

Plantar flexion contractures, drop foot, Achilles tendonitis, wound care

EXPECTED OUTCOME:

1. Correct foot drop or Ankle/foot contractures.
2. Maintain functional alignment.
3. Increased range of motion/mobility.
4. Relieve pressure.
5. Prevent permanent deformity.

APPLICATION OF THE TRU-CLEAR CONTRACTURE BOOT:

1. Allow the patients weight to seat securely into the orthosis, making sure the plantar surface of the foot is against the base, as if putting on a shoe.
2. With web of hand over the instep of the foot, press the heel down and back into the orthosis.
3. Hold pressure, smooth the liner over the instep of the foot and fasten cuff over foot.
4. Secure the calf cuff.
5. Check heel clearance – there should be one fingers width of space between the heel and the orthosis.



CONCERNS:

1. For correct fit, the sole of the foot should make contact with the orthosis and there should be a fingers width of space between the heel and the orthosis.
2. Allow the patient to adjust to wearing the orthosis gradually; if any redness or pain is experienced remove the orthosis for two hours and reapply.
3. Check the integrity of the skin carefully each time orthosis is removed; if any redness persists beyond 2 hours, do not reapply and contact your prescribing doctor.

INTERVENTION FOR DROP FOOT:

1. Perform passive range of motion to affected extremity as prescribed by your Physician or Physical Therapist.
2. Bring foot into alignment
3. Apply the orthosis as prescribed in the directions for application.
4. Check for correct placement of the heel.
5. Wearing schedule as tolerated to begin, or as instructed by physician or physical therapist.
6. Check the integrity of the skin carefully each time orthosis is removed; if any redness persists beyond “time off” period, leave orthosis off until redness disappears and then reduce “time on” by 1 hour.
7. Passively stretch the extremity each time before application of the orthosis.
8. Document progress in chart.



WASHING INSTRUCTIONS:

1. Remove cuff material.
2. Put in laundry bag.
3. Machine wash & Air dry, or “no heat” Tumble Dry in a laundry bag.
4. Put material back onto the frame.

QUESTIONS

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Trulife has appointed Medical Device Safety Service (MDSS) of Hannover, Germany to act as our EU authorized representative. They may be contacted at:

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This warranty will not apply if the PRODUCT has been damaged by misuse, abuse, neglect, improper care, failure to follow instructions, abnormal wear and tear, or in the event that a PRODUCT has been modified/repared by persons unauthorized by Trulife.

If a defect in material or workmanship is found during the warranty period, Trulife will, at Trulife’s option, either repair or replace the product. If it is not possible to repair or replace the product, Trulife will be limited to refunding the purchase price.

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