

Patient Education



ARNOLD PALMER HOSPITAL
For Children

Supported by Arnold Palmer Medical Center Foundation

The Pediatric Orthopaedic Center
at Arnold Palmer Hospital

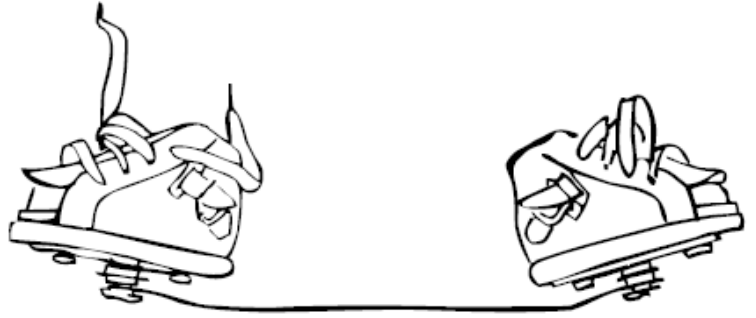
83 W. Columbia St. Orlando, FL 32806
321-841-3040 f:321-841-3049

Ponseti Brace

Your child has been fitted with a Ponseti Brace (shoes and bar). The brace is needed to maintain the correction of your child's clubfoot that was achieved with casting.

Wearing the Ponseti Brace

It is very important that your child wear the Ponseti brace as instructed. Your child must wear the Ponseti Brace full-time, day and night, for the first three months after removal of the casts. Your child will continue to wear the brace for 12 hours at night and during naps until 2 to 4 years of age.



Putting Your Child's Ponseti Brace On

- Make sure your child is wearing a well-fitted sock.
- Remove the shoes from the bar (see last page for instructions).
- Loosen the laces if any and straps on the shoes.
- Slide the foot in the shoe. Then push the heel all the way down and back into the shoe.
- Hold the foot in place while buckling the strap snugly.
- Be sure that your child's toes are near the end of the shoe.
- Tie the shoe snugly, if it has laces, and then recheck the strap for tightness.
- Click the shoes onto the bar (see last page for instructions).
- If the toes slide back, the heel is not in its proper position in the shoe. If this occurs, remove and reapply the shoe as instructed above.
- Improperly applied shoes can lead to painful blisters, skin breakdown and recurrence of your child's clubfoot deformity.
- Your child may fuss or cry when putting the brace on. However, he or she should calm down within 15 minutes of putting the brace on. Continued crying may indicate pain or discomfort from the heels riding up in the shoes. If this happens, remove the shoes, check the skin and reapply the brace.

When to Remove the Ponseti Brace

It is very important that you remove the Ponseti Brace routinely to look for skin irritation on your child's feet. During the first three months of full-time bracing, please remove the brace three times each day, for 30 minutes each time. While the brace is off, check your baby's feet for skin irritation. Once your child is wearing the brace only at night or naps, check for skin irritation every morning when removing the brace.

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Checking Your Child's Skin

Look at your child's feet every time you take the shoes off. You may find some red or darker areas that are due to pressure from the shoe. Check these areas again in 20 minutes to be sure that the marks fade. Marks that do not fade indicate possible problems.

Keeping the Feet in the Shoes

Your child's heel must stay fully down in the shoe. The heel will fit in the space below the padding.

If the heel rises up, it will press too hard into the padding. The padding is meant to keep the heel down, not to cushion the heel if it rides up. This is what causes heel blisters.

Do the Shoes Fit?

The shoes are fit quite snugly to ensure that they are able to control the foot well. The toes will be near the end of the shoe when fitting well. We will frequently replace the shoes as your child grows. Call the orthotist who provided your shoes if you have concerns about the shoes.



Correct Foot Placement

Toes near the end of the shoe.



Incorrect Foot Placement

Toes back too far from the end of the shoe.



Shoe Too Small

Toes hanging over the end of the shoe.

Cleaning the Shoes

Clean the shoes with a damp cloth. You may also use shoe cleaning and polishing products.

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Quick-Disconnect Mechanism

Putting the Shoes On

Disconnect the shoes from the bar by pulling down on the black knob and sliding the shoe forward. Put the shoes on your child, making sure that the left and right shoes are on the correct feet. Make sure that the heels are held all the way down while you buckle and tie the shoes snugly.

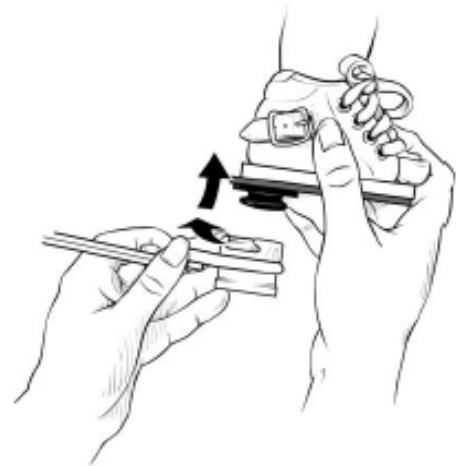


Attaching the Shoes to the Bar

Slide the shoe plate into the quick disconnect unit until you hear a click. Repeat this with the second foot. The shoes should now be securely connected to the bar.

Taking the Brace Off

Untie and unbuckle the shoes to remove them. You may remove the shoes from the bar by pulling down on the black knob and sliding each shoe forward.



Cautions

- **Do not allow your child to stand with the Ponseti shoes on.** The quick disconnect plates on the bottom of the shoes are very slick and may cause falls.
- The shoes alone do not provide any benefit for your child. The brace only works to maintain your child's clubfoot correction when the shoes are applied properly and the bar is attached to both shoes.

MD Orthopedic Shoes

Some children use shoes that look more like sandals. These shoes are used in the same manner. However, to remove the shoes from the bar you must push instead of pull. The release tab is labeled "Push."