

# Patient Education



ARNOLD PALMER HOSPITAL  
For Children  
*Supported by Arnold Palmer Medical Center Foundation*

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## Ilizarov Tips and Time Savers

- Keep a sense of humor!
- Keep your leg or arm up as much as you can. If you use a pillow under your leg, put it under your lower leg and foot so that your knee stays straight.
- Keep your life as normal as possible. Continue with your regular routine.
- Get in the habit of caring for your Ilizarov the same way every day.
- Set a schedule to turn the knobs on your Ilizarov frame four times a day. (i.e. 8 am, 12 pm, 4 pm, 8 pm)
- Take a shower each day before you do pin care. You may want to use a plastic chair in the bathtub for taking a shower.
- Do your therapy exercises! Do them in front of the TV, with your family and friends or when you listen to music.
- Lean on a strong chair when you try to get up.
- Listen to music when you do pin care.
- Buy big, loose clothes or jogging pants. These clothes will fit over your Ilizarov better.
- Underpants can be split on the side and closed with a strip of Velcro®.
- Wear skirts, “skorts” or shorts.
- Cut off sweat pants to make baggy shorts.
- Put a zipper on the sides or backs of pants.
- Leg warmers may be used in cold weather.
- The Ilizarov frame might make your leg or arm cold if it is cold outside. It can make your arm or leg hot if it is hot outside. In cold weather, use larger sweatpants and knits. In hot weather, use a towel to cover the frame when you are in the sun.
- Swim! Swim! Swim! But only in pools with chlorine. Don’t swim in lakes or ponds.
- Bring a pillow with you in the car to support your frame. You might want to put a towel on car seats before you sit down to avoid snagging or tearing the material.
- Keep in touch with other patients who have Ilizarov frames. Talking to them may help you feel better.