

## Patient Survey

Thank you for your purchase of the South West Ankle Brace. In order to better serve you, please take a few moments to fill out this brief questionnaire by circling the appropriate choice. Your satisfaction is important to us.

1) How did you learn about the South West Ankle Brace?

- Doctor    Orthotist    Internet Magazine/Journal  
 Friend   Other: \_\_\_\_\_

2) Was the brace fabricated correctly per you and your doctor's specifications.?

- Yes    No

If no, please explain:

\_\_\_\_\_

3) Does the brace meet your expectations in appearance?

- Exceeds    Meets    Below

If below, please explain:

\_\_\_\_\_

4) Does the brace meet your expectations in comfort?

- Exceeds    Meets    Below

If below, please explain:

\_\_\_\_\_

5) How does the S.W. Ankle Brace compare to other braces you've had in the past?

- Better    About the same    Not as good    N/A

Additional comments/suggestions:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Warranty

**Important: Please complete and return.**

Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Email (optional): \_\_\_\_\_

Date received brace: \_\_\_\_\_

Facility Name: \_\_\_\_\_

Doctor/Orthotist name: \_\_\_\_\_

**Thank you for taking the time  
to fill out this evaluation  
and warranty.**

### **Mailing instructions:**

**Save a stamp. Email us and  
tell us what you think at:  
SWODAF0@YAH00.COM or  
copy and Fax to (623) 465-2888.**

(Or mail to)

South West Orthopedic Designs, LLC  
36602 N. 16th St.  
Phoenix, AZ 85086  
Phone: (480) 703-9433 Fax: (623) 465-2888  
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www.pttd.com

# South West Orthopedic Designs



**PATIENT GUIDE**  
**TO WEAR**  
**AND CARE**

Visit us at [www.pttd.com](http://www.pttd.com)

## *Introduction*

Your Orthotist would have shown you how to put on and remove the **South West AFO** at the time of your first fitting. The **South West AFO** must be worn with an appropriate shoe since its effectiveness is designed as such. Lace and/or Velcro the AFO first. Do **not** skip eyelets or straps. Then slip it in the shoe using a shoe horn if necessary.

Always wear a sock, stocking, or similar garment under the **South West AFO** to reduce friction and protect from perspiration. Remember to keep the sock wrinkle-free without placing excess pressure on the toes. Using talcum powder and changing the sock promptly after perspiration buildup will also keep you more comfortable. Natural fiber socks, such as cotton, allow better air circulation and absorption of perspiration.

It's important to maintain the same shoe heel height for which your **South West AFO** was designed. Excessive height strains your knees and back creating instability. Heels which are too low may also cause knee and back pain. As explained, shoes worn with an orthosis should provide sufficient support: slippers, sandals, loafers and the like are inappropriate footwear and will void the warranty.

Patients with the **South West AFO** should check regularly for signs of skin pressure and irregular shoe wear. Check with your Orthotist if you have any questions or concerns.

## *Self-Examination*

Your **South West AFO** was custom made to fit you properly and provide the greatest degree of comfort. Follow your orthotist's instructions regarding the length of time to wear the **South West AFO** as you build-up your tolerance.

A properly fitting orthosis ( AFO ) exerts a firm, steady pressure, similar to an open-palm hand pushing against the skin. It should not cause any sharp, stabbing pain or create bruises, calluses or blisters. Should this occur, call your Orthotist immediately and arrange an appointment for the adjustment.

Occasionally, extended periods of standing and hot/humid weather will result in some swelling. Remove the orthosis ( AFO ) and elevate your leg until the swelling subsides. If it persists or becomes painful, notify your Orthotist at once.

It is also important to maintain a relatively consistent weight. Your orthosis was custom designed for your weight and physical dimensions, and extreme weight gain or loss may cause improper fit. You will need to visit your orthotist if this should occur. Growing children or adolescents should be monitored at regular intervals to maintain proper fit.

Daily examination of skin in contact with the orthosis should become a habit. People with Diabetes, vascular insufficiencies or neuropathy are especially vulnerable to skin irritation, particularly in bony areas including the bottoms of feet. Extra care should be taken and even minor skin irritations should be treated promptly.

## *Proper Hygiene*

It makes sense to keep both your orthosis (AFO) and yourself as clean as possible. Any skin covered by the orthosis should be washed daily with warm water and mild soap. Generous rinsing ensures removal of all lather since dried soap irritates the skin. Thoroughly clean the bottoms of your feet and between the toes to avoid bacteria and dirt collections. The skin should be completely dry before wearing the orthosis.

Your **South West Ankle Brace** should be cleaned regularly with ½ alcohol and ½ water using a clean cotton towel. Do not attempt to hasten drying by using a hair dryer or placing the appliance in front of a heater. Your orthosis may be towel-tried or left to dry at room temperature. Talcum powder will help prevent odors.

If any part of your ( AFO ) brace becomes cracked or broken, make an appointment to see your orthotist immediately and bring it in for repair. Worn material portions should also be repaired. If further assistance is needed, contact your provider.

**Complete the warranty  
and customer evaluation  
on the other side.**

