

## PATIENT INSTRUCTIONS

### PRAFO® Orthosis & Multi-Podus Boots

PRAFO® (Pressure Relief Ankle Foot Orthosis) and Multi-Podus boots are often prescribed for patients who must spend extended periods of time in bed. These devices are worn on the calf and foot. They suspend or “float” the heel and hold the ankle in a neutral (90 degree) position. This removes pressure from the back of the heel to help heal and prevent ulcers and to counteract muscle tightness. If the foot is allowed to be in the “pointing down” position for prolonged periods of time (such as from long periods of lying down, an after effect of a stroke, or other deformity), a patient can lose the ability to flex the foot properly for walking and standing after healing.

#### **Wearing Your PRAFO or Multi-Podus Boot**

1. Your device will likely be adjusted so that it puts your foot in at least a 90-degree angle so the bottom of your foot is perpendicular to your lower leg (like an L). Your doctor will determine the correct position for you.
2. When you receive your device, your orthotist will show you, and anyone who may be assisting you, how to correctly place your lower leg in the device.
3. Secure the straps over the foot and at the top of the device.
4. Make sure that your heel is fully suspended in the air and that it is not in direct contact with the device. If it is, the device may not have been put on properly. If you are not able to do this correctly, contact your orthotist for assistance.
5. Depending on your needs, you may be instructed to use an attachment (outrigger) on the back of the calf section which will prevent your leg from rolling to one side or the other when you are lying down.
6. Your device may have a toe piece that extends beyond your toe to keep bed sheets from putting pressure on your toes if needed.
7. Wear the device according to the schedule prescribed by your doctor.
8. Check your skin at regular intervals as directed by your doctor. Irritation, redness, or unusual swelling should be brought to your doctor’s attention.
9. Your device is primarily for positioning your foot, not walking. If your doctor does clear you for some ambulation, make sure the sole is attached to your boot and only walk as directed by your doctor.

#### **Cleaning & Maintaining Your PRAFO or Multi-Podus Boot**

1. The lining of your device will be washable. Follow the instructions that come with your device for washing and drying the liner.
2. When removing the liner, pay careful attention to how it was installed. This will make it easier to put the lining back in after washing.
3. The shell and sole of your device may be wiped clean. The instructions that come with your device will outline the types of cleaners that safe to use. Make sure the device is completely dry before wearing.
4. If you have any problems or questions, do not hesitate to contact us at any time!

**Special instructions regarding your care:** \_\_\_\_\_

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