

Clubfoot brace (orthosis)

What is a clubfoot orthosis?

A clubfoot orthosis is a brace with special shoes. Your child's doctor will order the brace. The brace will help keep your child's foot in the right position.

Who will treat my child?

An orthotist will treat your child. Orthotists measure, design and fit braces.

How does the brace work?

The brace holds your child's foot in the right position. Most often, it is used after your child has had any casts and surgery done.

What kind of sock should my child wear under the brace?

Have your child wear a clean, medium-weight cotton sock. The sock:

- Should go higher than the height of the shoe.
- Must not have any added designs that could cause too much pressure on the skin.

How do I use the brace?

Talk with your child's doctor or orthotist about how to put on your child's brace. Some guidelines are listed below.

How to put on the shoes

Repeat these guidelines for each shoe.

- Put on a clean, dry cotton sock as advised above.
- Place your child's foot in the shoe. Make sure their heel is all the way back and down in the shoe.
- Make sure their heel is down and their toes are not pulled back in the shoe.
- Tighten the laces or buckles firmly to keep the foot in the shoe.
- Gently pull on the shoe to make sure there is no movement between your child's foot and the shoe.

Clean the brace each day

Wash your child's feet with soap and water each day. Dry them well.

Wear schedule

- Your child must wear the clubfoot brace as their doctor advises. This could be 23 hours a day, 16 hours a day or night time only.
- For the first day, remove the shoes every 4 hours.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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- Check your child's skin for any redness that does not fade within 30 minutes.
 - Redness should fade within 30 minutes.
 - Your child should not have any sores, blisters or calluses.
- Your child's doctor will let you know how long your child needs to wear the brace. Do not stop using the shoe and brace until the doctor tells you to stop.

When should I call Orthotics?

- Call Orthotics if your child has skin problems or if the shoe does not fit well. Please ask for a visit for that day or for the next business day.
 - To schedule a visit, please call 404-785-3229.
 - On weekends or holidays, have your child wear their shoes as tolerated. Then, call the next business day.
- Signs of skin problems may include:
 - Redness that does not fade within 30 minutes.
 - White areas or blisters.
 - Hard skin or calluses.
- Call Orthotics if you have any questions or problems with your child's brace.
 - Call if you have concerns about how the brace fits.
 - The fit may change due to your child's growth or other physical changes.
 - If your child needs a new brace, the doctor will need to write a new prescription.

How do I reach Orthotics?

Orthotics addresses are listed below. **To reach Orthotics by phone, please call 404-785-3229.**

Children's at Meridian Mark
5445 Meridian Mark Road NE
Suite 200
Atlanta, GA 30342

Children's at Town Center
605 Big Shanty Road NW
1st floor
Kennesaw, GA 30144

Children's at Duluth
2270 Duluth Highway 120
Suite 200
Duluth, GA 30097

Children's at Fayette
1250 Highway 54 West
Suite 200
Fayetteville, GA 30214

Children's at Forsyth
410 Peachtree Parkway
Suite 300
Cumming, GA 30041

Center of Advanced Pediatrics
2174 North Druid Hills Road NE
Suite 601
Atlanta, GA 30329

Children's at Old Milton Parkway
3300 Old Milton Parkway
Suite 370
Alpharetta, GA 30005

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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