

## UCBL Foot Orthotic Care and Use Instructions

The UCBL design was developed at the University of California-Berkeley Lab. It is a rigid, plastic arch support designed to correct the position of your foot. Because of that, the trim line in the foot and heel area is much higher than other arch supports.

### How To Use Your UCBL Foot Orthosis

- Wear the foot orthotic in a lace-up type shoe that has enough room for both your foot and the orthotic to fit comfortably. If you have any questions about your shoe, ask your orthotist.
- Begin wearing the UCBL foot orthotic for 20-30 minutes at a time, then take it off for 1 hour and then put it on again for 20-30 minutes. Alternate time spent wearing the foot orthotic and resting your foot the first few days. Allow your foot to get used to the foot orthotic gradually.
- Slowly increase your wearing time though out the next several days.
- Check your foot for any red pressure areas when you remove your foot orthotic. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or who have poor sensation in their feet.

### How to Care for Your UCBL Foot Orthosis

- Wash your feet daily.
- Wash the foot orthotic weekly using mild soap and water. Wipe the orthosis with rubbing alcohol to eliminate odors.

### Important Notes

A UCBL Foot Orthosis is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Please call and schedule an appointment if any unexpected problems occur.

### Special Instructions (if Applicable)

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