



The
Orthopaedic
and Sports
Medicine Center L.L.C.

Leaders in Specialty Orthopaedic Care

ORTHOTIC DEPARTMENT

UCBL FOOT ORTHOSIS USE AND CARE 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.

Please read the following instructions for wearing the UCBL foot orthosis, and add any special instructions given to you by your physician or orthotist.

How to Use Your UCBL Foot Orthosis

- Wear the foot orthosis in a lace-up type shoe that has enough room for both your foot and the orthosis to fit comfortably. If you have any questions about your shoe, ask your orthotist.
- Begin wearing the UCBL foot orthosis for about 1 – 2 hours of on your feet time the first day.
- Slowly increase your wearing time by 1 – 2 hours throughout the next several days.
- Check your foot for red pressure areas when you remove your foot orthosis. Any reddened area that does not fade after 20 minutes should be watched carefully. This is particularly important for patients who are diabetic or have poor sensation in their feet.

How to Use Your UCBL Foot Orthosis

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

Important Notes About Your UCBL Foot Orthosis

Keep follow-up appointments made by your orthotist and physician. Schedule an appointment with your orthotist or physician if any unexpected problems occur.

Special Instructions (If Applicable): _____
